



San Diego's Largest
Organic Nursery
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You can compost it!

A Resource Sheet for Composters

- GRASS/LAWN CLIPPINGS (add grass clippings in very thin layers)
- HAY & STRAW
- KITCHEN WASTES (minus meat scraps, fatty food wastes, milk products, and large bones)
- LEAVES
- WEEDS (avoid weeds that have begun to go to seed, as seeds may survive the heat)
- WOOD CHIPS AND SAWDUST (not chemically treated)
- PAPER NAPKINS
- PET HAIR
- POTASH ROCK
- POST-IT NOTES
- WOOD CHIPS
- LINT FROM BEHIND THE FRIDGE
- HAY
- POPCORN
- NATURAL FIBERS (wool, cotton, cotton balls, leather scraps, cotton swabs with cardboard—not plastic bodies)
- GRAINS (oatmeal, bread, pasta. Add in small amounts, watch for pests and rodents)
- FREEZER-BURNED VEGETABLES & FRUIT
- POPCORN (UNPOPPED, "OLD MAIDS" TOO)
- FREEZER-BURNED FISH
- OLD SPICES & HERBS
- PINE NEEDLES
- MATCHES (PAPER OR WOOD)
- HOPS
- POTATO PEELINGS
- HAIR CLIPPINGS FROM THE BARBER
- COFFEE GROUNDS
- TEA BAGS AND GROUNDS (remove the little "staple" that sometimes comes attached to the tea bags)
- EGG SHELLS
- GRAPEFRUIT RINDS
- PEA VINES
- HOUSEPLANT TRIMMINGS
- GRAPE WASTES
- GARDEN SOIL
- POWDERED/GROUND PHOSPHATE ROCK
- CORNCOBS (takes a long time to decompose)
- BLOOD MEAL
- BEET WASTES
- PUMPKIN SEEDS
- EXPIRED FLOWER ARRANGEMENTS
- BONE MEAL
- CITRUS WASTES (*not* okay for vermiculture, compost only)
- STALE POTATO CHIPS
- NUT SHELLS (minus walnuts)
- CLOVER
- COVER CROPS
- FISH SCRAPS
- APPLE CORES
- ELECTRIC RAZOR TRIMMINGS
- SHRIMP SHELLS
- CRAB SHELLS
- LOBSTER SHELLS
- PIE CRUST
- ONION SKINS
- WATERMELON RINDS
- DATE PITS
- OLIVE PITS
- PEANUT SHELLS
- BURNED OATMEAL
- COOKED RICE
- TOFU
- BANANA PEELS
- WOODEN TOOTHPICKS
- STALE BREAKFAST CEREAL
- PICKLES
- SOGGY CHEERIOS
- BURNED TOAST
- OLD OR OUTDATED SEEDS
- LIQUID FROM CANNED VEGETABLES
- LIQUID FROM CANNED FRUIT
- OLD BEER
- SNOW
- FISH BONES
- SPOILED CANNED FRUITS AND VEGETABLES
- PRODUCE TRIMMINGS FROM GROCERY STORE
- DRIER LINT
- FIREPLACE/FIREPIT ASHES (use in moderation)
- FULL VACUUM CLEANER BAGS (provided everything is non-synthetic)
- Nail clippings
- NON-SYNTHETIC ROPE, STRING AND THREAD
- DOG, CAT, FISH FOOD LEFTOVERS & RAWHIDE (bury it in the pile to deter rodents)
- WHITE GLUE AND MASKING TAPE
- LATEX CONDOMS
- COTTON/CARDBOARD FEMININE HYGIENE PRODUCTS
- SEAWEED/KELP
- ORGANIC HOLIDAY DECORATIONS (Halloween jack-o-lanterns, holiday wreaths, pine boughs, latex balloons, holiday flower centerpieces)
- WINE CORKS
- SHREDDED PIZZA BOXES
- TOILETPAPER ROLLS
- OLD LOOFAHS (make of non-synthetic materials)
- BUSINESS CARDS (all paper, not glossy finish)
- RAFFIA
- BAMBOO SKEWER
- NEWSPAPER

Additional sources: thedailygreen.com, HGTV.com, Vegweb.com, 20minutegarden.com, planetgreen.com