Carbon & Nitrogen Sources for Compost

**Carbon Materials**
- Aged Hay
- Oat Hay
- Cardboard
- Dry, Shredded Leaves
- Sawdust
- Chipped Wood
- Newspaper
- Cardboard Egg Cartons
- Wrapping Paper
- Paper Towels
- Straw
- Toilet Paper Rolls
- Wood Ash (not coal)
- Dried Grass
- Shredded Paper
- 100% Cotton Fabrics (small pieces)

**Nitrogen Materials**
- Vegetable Trimmings
- Algae
- Green Leaves
- Grass Clippings
- Kelp or Seaweed
- Green Shrub Prunings
- Tea Bags
- Alfalfa Meal/Hay
- Coffee Grounds/Filter
- Animal Manure (herbivores only)
- Houseplants
- Weeds (without seed heads)
- Old Flower Bouquets
- Human/Animal Hair
- Aquarium Water (freshwater only)

**COMPOST NEEDS:**
WATER, AIR, 1 PART CARBON, 2 PARTS NITROGEN

**TIP:** If there are a lot of flies, add more carbon