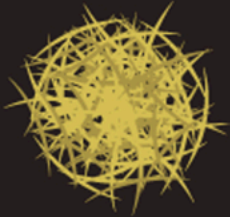


# Carbon & Nitrogen

## Sources for Compost

### Carbon Materials



Aged Hay

Oat Hay



Cardboard



Dry, Shredded Leaves



Sawdust



Chipped Wood

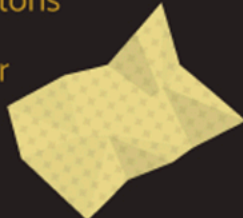


Newspaper

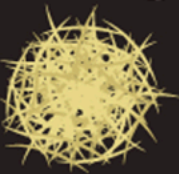
Cardboard Egg Cartons



Wrapping Paper



Paper Towels



Straw

Toilet Paper Rolls

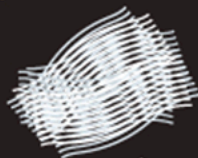


Wood Ash (not coal)



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