



COMPOSTING

Did you know that West Des Moines has a resident reimbursement program for soil restoration using compost?

[LEARN MORE HERE](#)



Compost is organic material that can be added to soil to help plants grow. Food scraps & yard waste together currently make up more than 28 percent of what we throw away & should be composted instead. Making compost keeps these materials out of landfills where they take up space & release methane, a potent greenhouse gas. Composting provides an ideal environment for bacteria & other decomposing microorganisms. The final compost product looks & feels like fertile garden soil. This dark, crumbly, earthy-smelling stuff works wonders on all kinds of soil & provides vital nutrients to help plants grow & look better.

What to Compost

- Fruits & vegetables
- Eggshells
- Coffee grounds & filters
- Tea bags
- Nut shells
- Shredded newspaper
- Cardboard & paper
- Yard trimmings
- Grass clippings
- Houseplants
- Hay & straw
- Leaves
- Sawdust
- Wood chips
- Cotton & wool rags
- Dryer & vacuum cleaner lint
- Hair & fur
- Fireplace ashes

Composting Basics

1. Browns - dead leaves, branches, & twigs provide carbon for the compost
2. Greens - grass clippings, vegetable waste, fruit scraps, & coffee grounds provide nitrogen for the compost
3. Water - provides moisture to help break down the organic matter

Ways to Use Compost

- In flower & vegetable gardens
- For turf maintenance
- For weed control
- As mulch
- With potting soil
- Around trees & shrubs

MWA Grow Gold Compost®

Metro Waste Authority makes high-quality compost from yard waste in central Iowa. You can purchase compost in bulk or in bags at a MWA location, or from a local retailer.