Happy National Learn about Composting Day

COMPOST

LIVE WELL
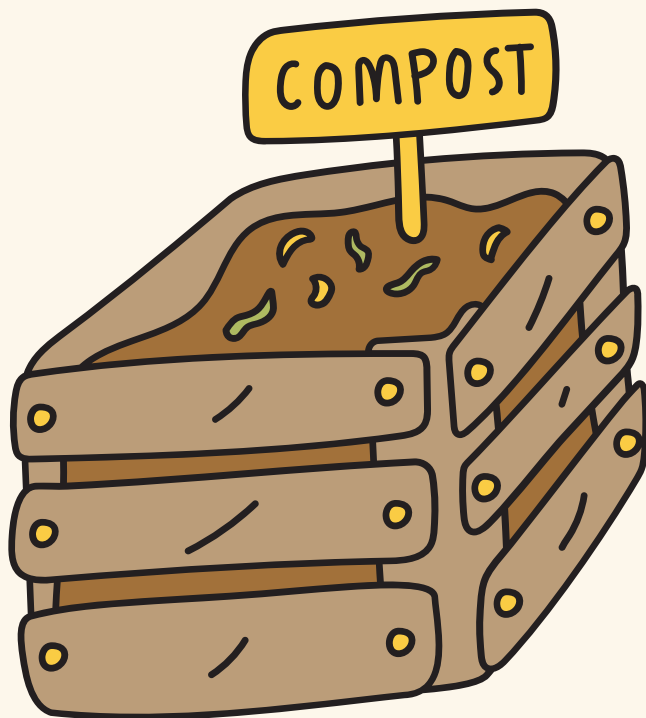SAN DIEGO

What is Compost?

- Compost is organic matter that has decomposed. In a garden, decomposition is a good thing!

- Compost can be made from kitchen scraps, lawn clippings, newspapers, leaves, wood chips, and coffee grinds. Almost any food products except for processed foods (**no Twinkies, meat or fish products**).

- Composting saves resources, and because of its high nutrient content, it adds to soil stability and reduces soil disease. It will help your garden grow lush and promote healthy growth in seedlings and plants. It's for all these reasons gardeners call compost "black gold."

- Composting allows you to accomplish the big environmental three: **Reduce, Reuse, and Recycle.**

What materials are compostable?

COMPOST

- ✦ Peels of all uncooked vegetables and fruits

- ✦ Teabags, tea leaves, and coffee grounds

- ✦ Egg shells

- ✦ Dead flowers, dead leaves, and lawn mowings

For more information on compost, visit:
https://nationaltoday.com/learn-about-composting-day/

Composting in 7 Easy Steps

1. Choose the type of compost bin for your backyard.

2. Choose the location of your composter.

3. Alternate layers.

4. Keep adding kitchen and yard waste as they accumulate.

5. Repeat until your bin is full.

6. Take care of your compost bin.

7. Collect your compost.

COMPOST

How to Observe Learn about Composting Day

1. **Visit a farmers market.**
2. **Make your own compost.**
3. **Introduce a child to composting.**

Zero Waste

Everyday Tips to #BeCOVIDSafeSD

- Get your COVID-19 and flu vaccines. If you're fully vaccinated, remain up to date by getting your boosters, if eligible.
- Wash your hands with soap and water for at least 20 seconds.
- Wear a well-fitted mask over your nose and mouth.
- Avoid crowds and poorly ventilated indoor spaces.
- Stay 6 feet apart from others who are sick and people outside of your home.
- Consider using a COVID-19 self-test before joining indoor gatherings with others who are not in your household.
  - If you test positive, isolate and wear a well-fitting mask if you must be around others.
- Get tested if you are experiencing symptoms to prevent the spread of infection to others.

For more information on COVID-19, visit:
Coronavirus-SD.com