



# COMPOST

## Compost Production

In nature, the process of decomposition of organic materials occurs when decomposing lifeforms find and consume dead, organic matter. The process can be sped up by providing ideal conditions and this (if done correctly) can heat treat the compost. Subsequently, killing weed seeds and disease.



### Important Factors for Compost Production

1. Sufficient oxygen supply.
2. The correct temperature.
3. The heap must be moist, but not wet.
4. The volume of the heap, small heaps may not reach the critical temperature.
5. The materials used must have a good carbon to nitrogen balance.

**Click below for LLOOF Video:**

⇒ [“Let's Make a Compost Bed - LLOOF Soils and Composts Guide”](#) ⇐

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## Making a Healthy Compost Heap

### Good Ingredients

- Kitchen waste (cooked food only in a "hot" compost heap, as it encourages rats)
- Leaves
- Grass cuttings
- Garden cuttings (invasive weeds need a special heap of their own)
- The waste from cleaning herbivore animals (e.g. when you clean the rabbit house, everything can be composted)
- Newspaper and cardboard (*no plastic attached*; thinly layered)
- Hair, from animals and humans
- Cuttings from trees/shrubs etc. (must be chopped or shredded into smaller pieces)

### Not So Good Ingredients

- Meat and bones...unless the heap is secure from rats, and is hot enough to kill the pathogens
- Plastics
- Anything that has been treated with pesticides/herbicides/paints etc.
- Glossy magazines



## Composting Manure

Composting manure from meat eating animals, including humans is a specialist subject, but animal manure can be added to a compost heap provided that the animal is a herbivore. To compost manure, you *must* have a separate bin, with layers of woodchip or sawdust between each layer of faeces. Once this bin is full, it can be left to mature for twelve months. After this time the compost can be used to feed trees, but not to feed fruit or vegetables.

*Manure is not recommended for a home composting system!*

It is difficult to get the temperature up high enough to kill the harmful pathogens.

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⇒ [“Composting Manure - LLOOF Soils and Composts Guide”](#) ⇐

## Composting Methods

### Wormery

Composting using worms is an efficient method of recycling food waste into compost and can also produce liquid fertiliser. It uses composting/fishing worms (*Eisenia foetida*, *E. andreei*, and *Dendrobaena veneta*) who will live in a small purpose-built container eating both the waste and eliminating many harmful substances and diseases.

### Bokashi

This method of composting uses lactic fermentation and produces a sterile soil food, allowing the soil life to complete the decomposition. and release nutrients into the soil.

Click below for LLOOF Video:

⇒ [“How to Prepare a Compost Bokashi”](#) ⇐

## Producing Liquid Feeds

Liquid feeds are produced by decomposing certain plants either in water or in a restricted container. The container method produces a more concentrated, less smelly, and more sterile fertiliser.

### To Produce Liquid Feeds

1. Place the harvested leaves in the container, and place a lid over it to stop the leaves drying out.  
⇒ *Do not* close it entirely; this allows some air to enter, so it does not become anaerobic
2. Check the container once every two weeks and top it up with more leaves if needed.
3. A dark liquid will collect at the bottom of the container.  
⇒ This can be diluted and fed to the plants when they need water.

Growth ⇒ Nitrogen Feed ⇒ Nettle Leaves

*It is better to cut several plants and strip the leaves into the bucket wearing gloves.*

Fruiting ⇒ Potassium Feed ⇒ Comfrey leaves

*Russian Comfrey Bocking 14 is best*

*Cut the leaves at the base and pack them tightly into the bucket.*

## Compost-Related Videos (click for links)

⇒ [How to Make Hot Compost - A Complete Guide](#) ⇐

⇒ [Hand-Building a Large Aerobic Compost Pile](#) ⇐

⇒ [Making Liquid Feed](#) ⇐

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