# COMPOSTING 101

## Greens (Nitrogen)
- Food scraps
- Vegetable scraps
- Fruit wastes
- Coffee grounds
- Tea bags/leaves
- Fresh grass clippings
- Other garden waste (plants, stalks, flowers)
- Chicken/livestock manure
- Corn husks
- Stale/moldy bread

## Browns (Carbon)
- Leaves
- Shredded straw, hay
- Sawdust
- Woody chips & twigs
- Shredded newspaper
- Nut shells
- Corn stalks and cobs
- Brown paper bags
- TP & paper towel rolls
- Crushed eggshells
- Cereal boxes
- Ashes from wood
- String/cotton thread
- Wool

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## RIDGEFIELD PARK BACKYARD COMPOSTING PROGRAM

### Prohibited Items
- Meat
- Fish
- Poultry
- Bones
- Milk products
- Oil
- Pet manures
- Weed seeds
- Diseased/insect infested plants
- Glossy paper
- Anything with harsh chemicals

### Troubleshooting

**Ideal N:C Ratio = 2:1**
(brown material volume is packed)

- **Too much Nitrogen = Smelly Compost**
- **Too much Carbon = Won’t break down**

  - Adequate air
  - Adequate moisture
  - Roll bin around twice a week
  - Bury food scraps into can for pest control