

# Composting Techniques: Essentials

## A. Regular Composting

1. Always remember you are working with mesophilic and thermophilic aerobic bacteria to decompose cellulose. Simply put cellulose plus water is decomposed into simple digestible sugars, carbon dioxide and heat.
2. You need to MOW, chop or shred everything you are going to compost. This significantly increases the surface area the bacteria can work on so greatly speeds up decomposition.
3. You do not need activators! Everything in nature, including you, is covered in countless bacteria.
4. Use grass cuttings. Young lush growth is best for bacterial decomposition and greatly speeds up and heats up the process.
5. Have your bins or containers ready and in a suitable position, a warm, sheltered, sunny and 'tidy' place.
6. Build your compost ALL AT ONCE. Store materials if you have to. I store kitchen waste, chicken litter and wood chips in containers ready for compost making when I cut the lawn.
7. BUILD COMPOST ALL AT ONCE layering materials and mixing them with a fork.
8. When the bin/container is full or almost full, INSULATE THE TOP AND COVER. Temp will go from c. 15c to 30c then to 55 or even 65c in a few hours.
9. Remember aerobic bacteria need the compost to be moist and they produce CO<sub>2</sub>. This gas will kill them if they don't get O<sub>2</sub> so TURN your compost (completely) every TEN DAYS to replenish oxygen. And ensure that the compost is not too dry.
10. After 3 turns, 30 days leave the compost to cool for 2/3 weeks and your compost is ready to apply to the garden. After 10/12 weeks the compost worms, eisenia fetida will arrive.
11. Match the number and size of your bins to fit your garden. But they need to be minimum 220L in volume.
12. Everything is best composted, comfry, nettles etc. The above method is so quick and well turned that animal waste can be composted DURING THE LATE SPRING AND SUMMER.

## B. Wormeries and Worm Towers

1. People with tiny or no gardens can consider using a wormery to decompose kitchen waste and make valuable liquid and solid fertilizer for their plants. Simply follow the instructions in my paper on Wormeries. Email Ken at [kjaypower@gmail.com](mailto:kjaypower@gmail.com)
2. The above is true of the worm tower if you have a sheltered place to put one. Consult my paper on same.

## C. The EM serum and Bokashi

1. The advantage here for people with no garden is everything can be made and stored indoors. See my paper on same accessed through above email. You can use the serum diluted 200/1 as a liquid fertilizer or the Bokashi as liquid or solid fertilizer.