

The Benefits of Composting and How it Works

When you use compost in your soil, you help feed the diverse life in the soil- including bacteria, insects and worms, to support plant growth. Compost also suppresses diseases and harmful pests that overrun poor soil. Compost also increases soil's ability to retain water, decreasing runoff. Lastly, it reduces the need for synthetic fertilizers and chemical pesticides.

Here are the essential components of compost that "do the work":

Biodegraders: These are the organisms (bacteria, fungi, earthworms, insects, etc.) that eat the organic material.

Carbon Sources ("Browns"): Materials rich in carbon, such as dead leaves and wood chips.

Nitrogen Sources ("Greens"): Grass clippings and most food scraps.

Air: Too little oxygen causes foul-smelling anaerobic bacteria to take over a pile.

Water: The pile should be damp like a wrung-out sponge. An enclosed bin helps retain moisture in our Florida heat.