

# Compost

For all plants to flourish there must be sunlight, water and nutrients. Plants use the nutrition in the soil to grow. Therefore, if you continuously, year after year, take nutrition away from the soil in your garden, you need to give some energy back in return. Thus, you need to add extra nutrients to the soil in order for the plants to thrive and become strong and healthy.

In order to add nutrition to the soil you can make your own compost. It is free, easy to make, and good for the environment. If you have hens in your garden you can use their manure in the compost.

Composting is simply a process of turning organic waste into something beneficial – nutrition for your vegetables! Organic materials consist of all non-cooked vegetable waste; eggshells, coffee grids, tea bags and garden waste - basically anything that is not animal-based. All these things are placed in a container and will in time decompose and turn into a rich form of soil full of nutrients for your plants.

You can find full descriptions of how to build compost on the Internet. Keep in mind that your compost may have to be adapted to the climate you live in.

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- *Try for one week to collect all the organic food waste from your cooking, make a list of it and find out what it weighs all together. If you use it for compost instead of throwing it away you have made two good deeds: reducing your amount of waste and bringing back nutrition to the soil and that will benefit your garden.*

