



Things that are always good to compost:

- all fruits and veg including peels, rinds, and seeds.
- shells of eggs and nuts
- grass cuttings, leaves and cut or spent flowers.
- rabbit and hamster bedding
- cardboard and paper products like tissues, napkins, newspapers, and coffee filters.

Things you can include sparingly:

- dairy products like cheeses, butters, or yoghurts as they can create a bad smell and attract undesirable critters.
- woody items like branches or lots of twigs which take a long time to break down.
- fats, oils, and greases which can slow down the process and smell bad.

Things to never compost:

- any metals, glass, foils or plastics (including stickers on fruits) as these will not break down.
- paper products with glossy finishes, paints, or glues
- hard furniture and treated woods
- eggs, meats, and bones will decompose but might cause a foul smell and will attract rodents.
- ashes from coal and charcoal which contain compounds harmful to plants.
- plant cuttings showing signs of disease or mould and plants that have gone to seed as using the compost later on might just spread them
- anything that might have come into contact with herbicides or pesticides because they don't break down and persist to kill things both in your compost and when spread in your garden.