

Did you know that more than **one-quarter** of every trash bag in Maine is made up of organic waste? That's food scraps, food waste, and wet, mushy stuff that makes our trash heavy and smelly.

But those celery tops and that old uneaten banana are worth their weight in black gold! By composting organic waste in our backyards or through vermiculture (composting with worms!), we can take that 25% and put it use without leaving home! It saves time, money, and especially fuel emissions.



By taking all that material out of trash bins, composting saves money for residents and towns on trash disposal - plus, it helps ecomaine's waste-to-energy plant run more efficiently without all that moisture.

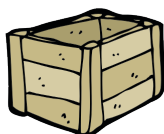
And by composting it, you can get your own rich soil and fertilizer for your own use - skip the big bags at the greenhouse or nursery!

# Backyard Composting Tips

Pick or build a bin that's about **one cubic yard**. Place it in a well-drained and level spot.



**Pick a type...**



**Stationary**  
(You can even use a few pallets put together!)



**Tumbler**

**Vermicomposting**  
(See 'Vermicomposting Tips' for more!)



## Composting Resources that are WORTH THE WEIGHT

Maine Dept. of Environmental Protection  
[www.maine.gov/dep/sustainability/compost](http://www.maine.gov/dep/sustainability/compost)  
207-592-0455

University of Maine Cooperative Extension  
[www.extension.umaine.edu/gardening/manual/composting](http://www.extension.umaine.edu/gardening/manual/composting)  
207-581-3188

Maine Organic Farmers & Gardeners Association  
[www.mofga.org](http://www.mofga.org)  
207-568-4142

WormMaine  
[www.wormmaine.com](http://www.wormmaine.com)  
207-831-3752

Mainly Worm Bins  
[mainlywormbins@gmail.com](mailto:mainlywormbins@gmail.com)

Uncle Jim's Worm Farm  
[www.unclejimswormfarm.com](http://www.unclejimswormfarm.com)  
1-800-373-0555

## Aim for 2/3 BROWN...

**Dry Leaves**  
**Paper Towels or Napkins**  
**Wood Chips & Sawdust**

**Shredded Paper**  
**Hay & Straw**  
**Nut Shells**



## ...and 1/3 GREEN

**Fruit & Vegetable Scraps**  
**Plant Trimmings**  
**Wilted Flowers**  
**Grass Clippings**



## Don't put these in your backyard compost!

**Meat & Fish**



**Dairy**



**Oils & Dressings**



Even utensils and servingware marked 'compostable' should be put in industrial composting, not your backyard pile!

And recycle non-organic items like plastic, metal, and glass, if possible!

## Vermicomposting Tips

### FOOD

Start with about half as much food as you have worms. (1 lb. of worms? Try 1/2-lb. of food...)

Don't feed them more than that per week, and feed them in smaller bits - it's easier to eat!

Put the food in first (the worms will get to it, and it won't attract fruit flies).

### HOME

Maintain the right temperature.

Your worms could die if their environment gets too hot or too cold.

Worms need bedding - use shredded paper.

Maintain the right amount of moisture.

Dry out your bin with shredded paper.

Sprinkle in a handful of garden soil into the bin to help the worms digest.

### TIPS

Follow the same "Do's and Don'ts" as regular backyard composting.

No plastics, metals, or glass (even the staples in tea bags are bad news!)

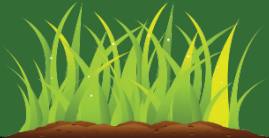
## "Grasscycling" is GREEN

Here's some info about **grasscycling** (leaving your grass or leaves right on your lawn).

- It complements your composting - especially with a big lawn, take a little grass for your 1/3 greens, and leave the rest!

- Grass and leaves have great nitrogen and other nutrients for your lawn. Skip the expensive chemical fertilizer!

- You can also use grass clippings to prevent moisture loss from flower beds and shrubs.



## ALTERNATIVES TO AT-HOME COMPOSTING

### Drop-Off Locations:

Bridgton...

Transfer Station (118 Sandy Creek Rd)

Brownfield...

Transfer Station (Pequawket Trail / Route 113)

Cape Elizabeth...

Recycling Center (10 Cooper Dr)

Eliot...

Recycling Center (468 HL Dow Highway)

Falmouth...

Transfer Station (100 Woods Rd)

Community Park (off Winn Rd, behind fire station)

Freeport...

Recycling Center (100 Hedgehog Mountain Rd)

North Yarmouth...

Fire Rescue Station (463 Walnut Hill Rd)

Saco...

Parks & Rec (75 Frankin St)

Scarborough...

Public Works Facility (20 Washington Ave)

South Portland...

Transfer Station (929 Highland Ave)

City Hall (25 Cottage Rd)

Golf Course Maint. Building (221 Westbrook St.)

Redbank Community Hub (580 Westbrook St)

Standish...

Transfer Station (150 Moody Rd)

Vinalhaven...

Transfer Station (178 Round the Island Rd)

Yarmouth...

Transfer Station (659 East Main St)

And check with your local transfer station for other options!

Don't see yours here? Let us know at [info@ecomaine.org](mailto:info@ecomaine.org)

### Subscription Collection Options:

We Compost It! (Greater Portland)

Garbage to Garden (Greater Portland)

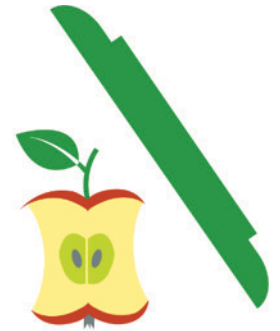
Scrap Dogs (Greater Camden-Rockport)

Mr. Fox Composting (Southern Maine & NH)

Project Earth (Lincoln County)

Agri-Cycle (Businesses - all over!)

# COMPOST



is  
**WORTH**  
the  
**WEIGHT**

**ecomaine's**  
**guide to composting**  
**at your home -**  
**keeping the weight**  
**out of your trash can,**  
**and putting it back to**  
**use as a resource!**