

Compost in a Jar

A healthy compost has four elements; Nitrogen, Carbon, Water and Air

Here's what you need:

- Clear glass jar or plastic container with lid
- Soil
- Leaves or lawn debris (**CARBON**)
- Shredded paper (for example: paper towels, egg carton) (**CARBON**)
- Food scraps (for example: fruit peels, apple cores, egg shells, **NO** dairy or meat) (**NITROGEN**)
- Water



Here's how:

1. Layer your materials from bottom up. Start with soil, paper, kitchen scraps, lawn debris and repeat until you reach two inches from the top of the jar. **Note that you will need larger layers of soil and lawn debris and smaller layers of paper and kitchen scraps.*
2. Add some water into the jar (the soil should be damp, but not soaked!). Then, shake with the lid on and sit it on the kitchen counter or window sill to see the compost in action!
3. Poke a few holes in the lid of your jar or container. This lets oxygen in to react with the organic materials inside. If you want to keep track of your compost's progress, add a small line and date to the top of the soil. As the organic materials begin to decompose, the contents in the jar will reduce.
4. Shake the jar as materials break down twice every week. When all is done, you'll have compost that you can add to your garden!

Extra activity: The landfill experiment

In a clear container or jar, combine soil, cardboard or shredded paper towels, leaves, food scraps, and trash items such as candy wrappers, straws, plastic pieces, and etc. Put the lid on (no holes!) and shake. **Keep the lid on.**

In a landfill, there is little oxygen. The jar with the lid on acts as a landfill and when compared to the compost that you made earlier, you will see the difference. Unlike the compost, the food, leaves, cardboard, and candy wrappers in this jar will not decompose completely.

Bonus tip: If you have coffee grounds, add to the Compost Jar! They act as an activator which helps to speed up the decomposition process.