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HARVESTING NUTRIENTS FROM CROP MATERIAL AND WEEDS

•DO have a <u>gray</u> barrel (or green bucket) for processed weeds and other compostables, and a <u>red</u> bucket for trash. Please pick up any trash you see, even as you walk – that will be a <u>huge</u> help

•DON'T step on crop beds unless it's unavoidable for your work, just in the rows between

•DO pull a plant near the base so you can get the roots out and avoid snapping off the stem instead

•DON'T go too fast or you may pull up crops that are still growing (we'll show you which is which)

•DO shake off all the soil, nice and low with a few taps against the bottom of the bucket

•DON'T shake soil high or you'll hurt the crop leaves

•DO use the "O" method for using pruners

DON'T take your eyes off what you are pruning

•DO cut or tear the plant so it's no longer than your hand

•DON'T ever put pruners on the ground, where they get stepped on, broken, or lost – always put in a holster

•DO fill the bucket loosely, no pushing material down

And for your comfort:

DO stand up and stretch occasionally, maybe to transfer a full bucket for an empty one, so you are good to your body stay fresh as possible for the task, and

and

DO ask for a pad to kneel on if that will make your task easier!

Thank you for helping to reduce landfill trash, improve the environment, and create a wonderful enrichment to the soil that grows healthful food for our community!