



# Compost What and Why?

**Healthy topsoils typically contain a good supply  
of Humus.**

This is a Carbon-rich mix of partially decomposed living things  
such as plant leaves, roots, bark - or even, vegetable scraps from your kitchen!

Humus is produced by the **WORK** of beneficial bacteria, fungi, protists,  
and little invertebrate animals such as isopods and earthworms.

*The formation of humus is a vital process in the cycling of matter on Planet Earth.  
(Remember the Law of Conservation of Matter - in a closed system, matter  
(which is made of the chemical elements) is neither created nor destroyed;  
it's just transformed from one thing into another.)*

When leaves and fruits, etc. are transformed into humus, they become one of  
the most vibrant and useful components of good soil.

Humus holds in water, provides surfaces for exchanging minerals, and contributes mightily  
to the plant-growing capacity of the other parts of the soil such as sand, silt, and clay.

**YOU** can create wonderful humus for growing gardens  
by composting your kitchen scraps  
in a corner of your backyard, in an indoor plastic wormery, or  
by participating in a local composting service.

Composting gives **YOU** a way to contribute directly to  
to the restoration of our Earth's Natural Processes  
and a Healthy Atmosphere.

*This is true because keeping human food scraps out of the landfill means  
less food will be transformed by anaerobic bacteria into Methane ( $CH_4$ ) -  
a greenhouse gas that traps even more heat in the atmosphere (per molecule)  
than Carbon Dioxide ( $CO_2$ ).*

Fortunately, well-done Composting keeps most Carbon  
bound in the ground, rather than releasing it as a gas!

The Carbon remains part of complex organic  
molecules in soil - in other words,  
the food waste is transformed into  
vital humus!