



## COMPOSTING WITH COFFEE GROUNDS

Coffee grounds are a valuable source of nutrition for your garden and are an excellent source of nitrogen to fuel your compost or worm bin. The nitrogen-rich coffee grounds will jumpstart the composting process. The proper amount to use depends on soil condition and what you are growing. Check with your local gardening expert to see what is best for your garden.

### HERE ARE A FEW BASIC TIPS:

#### Apply coffee grounds directly to your garden

Coffee grounds can be worked directly into the soil or used to amend an existing compost bin or pile. A thin layer can also be applied as a dressing to acid loving plants including roses and azaleas. Acid loving plants thrive in areas where rainfall is common in the warm season. Coffee grounds are not recommended for container plants due to salt level.

#### Mix coffee grounds in your compost

Because of the nitrogen rich content, coffee grounds act as a green material. Combined with browns such as leaves and straw, coffee grounds generate heat and will speed up the compost process. It is best not to make your coffee grounds more than 25% of any one pile's content.

#### Using coffee grounds in your worm bin

Worms fed with coffee grounds and other vegetarian materials will flourish!

#### Resources:

- Appelhof, Mary. *Worms Eat My Garbage*. Michigan: Flower Press, 1982.
- Editorial Staff at Sunset Magazine. *An Illustrated Guide to Organic Gardening*. Menlo Park, CA: Sunset Publishing Corp., 1991.
- Gershuny, Grace and Martin, Deborah L. *The Rodale Book of Composting*. Pennsylvania: Rodale Press, 1992.



Peet's Coffee & Tea