

Fall Composting Do's & Don'ts

Know what to compost—and what to leave out—when clearing summer beds

Do NOT Compost:

- Diseased plants (blight, mildew, rust, viruses)
- Pest-infested leaves or vines (aphids, hornworms, squash bugs)
- Mature weed seed heads or bolted lettuce/arugula with seeds
- Thick stems (okra, sunflower, corn) unless chopped first
- Large amounts of juicy fruits like tomatoes or melons

Great to Compost:

- Bean vines, spent herbs, disease-free tomato foliage
- Bolted greens and fresh weeds without seeds
- Corn husks, dry leaves, shredded paper or cardboard
- Chopped stems, straw, and old plant debris (disease-free)

Fall Pile Tips:

- Keep the pile moist, like a wrung-out sponge
- Mix 2–3 parts browns (carbon) to 1 part greens (nitrogen)
- Turn weekly for aeration and faster breakdown
- Cover with a tarp if needed in rainy climates
- Add a scoop of old compost or garden soil for microbes

Journal Prompt

What can I release with gratitude, trusting it will nourish what's to come?

What do I need to remove from my life that might poison the next season?

