



# Autumn Compost Guide & Soil Prep Journal



## Compost Application Checklist

- Remove all spent crops and weeds from beds
- Decide on method: top-dress, sheet mulch, or planting hole mix
- Apply 1-2 inches of finished compost
- If using sheet mulch, layer cardboard/newspaper, compost, then straw/leaves
- Water in thoroughly after application
- Mulch over compost to retain moisture and protect soil



## Best Compost Types for Autumn

- Finished home compost (dark, crumbly, earthy smell)
- Worm castings for nutrient boost
- Composted manure (aged at least 6 months)
- Mushroom compost in small amounts for brassicas
- Municipal compost (verify it's organic-certified if possible)



## Pest & Problem Prevention Tips

- Avoid fresh compost near seedlings—it can burn roots
- Balance dense compost layers with dry material like straw
- Encourage worms by keeping compost slightly moist
- Watch for sowbugs or earwigs and adjust layering





## Bed-by-Bed Compost Tracker

Date Applied	Bed/Location	Compost Type	Notes



## Journal Reflection

What part of your life feels like compost right now—messy, hidden, in-between?

Write about something you've let go of this season and how it might be transforming beneath the surface. Remember: not everything has to bloom to be part of the process.

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