



# INDOOR COMPOSTING

Composting at home is a controlled way of recycling organic materials, such as food scraps (fruits and vegetables) and yard waste trimmings (leaves and grass) into a dark, earthy-smelling soil conditioner called compost.

Compost fortifies soil, holds water and returns valuable nutrients to the Earth. Composting lowers greenhouse gas emissions and reduces the need for synthetic fertilizers.

## INDOOR VERICOMPOSTING BIN

### WHAT IS VERICOMPOSTING?

This method takes:  
4-6 months

A process that relies on red wiggler worms and microorganisms to convert organic materials into compost.

### GETTING STARTED



1 Drill air holes toward the top of a container and drainage holes in the bottom.

2 Add bedding. Tear paper into strips, soak in water, wring out and place in bin, filling it halfway.



3 Gently add worms on top of the bedding, and allow them to settle for a couple of days.



4 Add food scraps and cover with bedding to prevent fruit flies. Cover your bin tightly.



5 Repeat step 4! Worm "castings" will build up in the bin and can be harvested after 4-6 months.



Visit  
[composting.ces.ncsu.edu](http://composting.ces.ncsu.edu)  
for all the details

## BOKASHI COMPOSTING SYSTEM

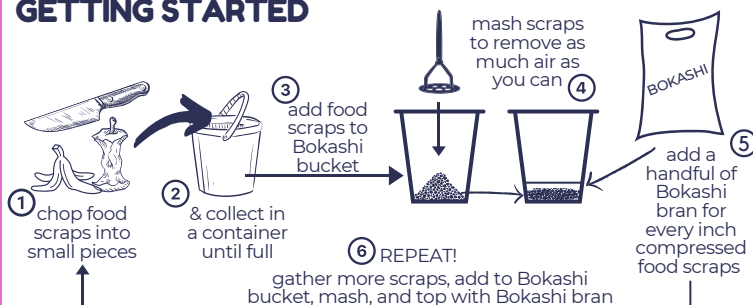
### WHAT IS BOKASHI?

This method takes:  
1-1.5 months

A form of fermentation that uses microorganisms to break down organic matter.

You can use it to "pre-compost" food scraps not recommended for a compost pile or bin, including meats, bones, fats, and dairy products.

### GETTING STARTED



Once the container is full, set it aside for 2-3 weeks to ferment. Food scraps will still be recognizable, but will be pickled with a sour odor.

### USING BOKASHI

Visit  
[illinoiscomposts.org/composting-at-home](http://illinoiscomposts.org/composting-at-home)  
for all the details

Combine fermented food scraps with soil, in the ground or in a pot, and leave dormant for ~ 1 month

Alternately, add the fermented food scraps to a compost bin or pile where it will finish decomposing

## USING VERICOMPOST

Use immediately or store to use it later:

- Mix into the soil in your garden and around your trees and yard plants.
- Use it as a top dressing on outdoor plants or sprinkle it on your lawn as a conditioner.
- Protect it from direct sunlight by incorporating in soil or covering with mulch.

## OUTDOOR COMPOSTING

Interested in composting in your yard? Check out [these outdoor options](#) for processing food scraps.

## COMPOST PICK UP SERVICES

Don't have the time or space to compost yourself? Consider using a pick-up service. Local options can be found at [illinoiscomposts.org](http://illinoiscomposts.org)

Or, contact your municipal government to ask about local composting programs.

## SOURCES & FOR MORE INFORMATION

1. Illinois Food Scrap Coalition [illinoiscomposts.org/composting-at-home](http://illinoiscomposts.org/composting-at-home)
2. North Carolina State University Extension [composting.ces.ncsu.edu/home-composting](http://composting.ces.ncsu.edu/home-composting)