



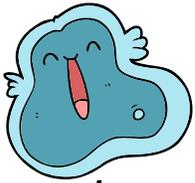
Activity Sheet



Two Rivers Treads
RUN · WALK · HEALTH

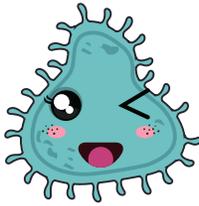
EARTH DAY

Most of us have heard about recycling, but did you know you can recycle your food too?! With **Composting!** Composting is a natural process of recycling organic material such as leaves and vegetable scraps, and when done properly it breaks down the scraps even faster and creates nutrient rich soil to use in your gardens that your plants will LOVE!



But how do we compost properly?

First lets take a look at the star of the show. The micro organism. We can't see them, but these little organisms are the most important part about composting because they break down the food scraps. So it's important to make the compost a comfortable place for them to live.



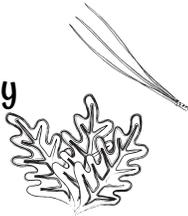
So what do the micro organisms need to be happy in their compost?

They need an even mix of brown stuff and green stuff to munch on. They also need air and water to live and work. Brown stuff is dead, dried plant parts like leaves and pine needles. Brown stuff is high in the element **carbon**. Green stuff is fresh, living parts like grass clippings, kitchen vegetable scraps, weeds and other plants. Green stuff is high in the element **nitrogen**. But not all scraps are ideal for composting - meats, fish and dairy and pet poop will smell and attract maggots -YUCK. So for now lets just stick to fruits and veggies.

Brown Matter

High in Carbon

- Dry Leaves
- Straw and Hay
- Pine Needles
- newspaper
- twigs and branches (chopped)
- Cardboard (Shredded)
- Sawdust
- Eggshells
- Brown Paper Bags (Shredded)



Green Matter

High in Nitrogen

- Table Scraps
- Fruit Scraps
- Veggie Scraps
- Fresh Green Grass Clippings
- Lawn and Garden Weeds
- Flowers
- Tea Leaves
- Fresh Leaves



Remember our *micro organisms* like an even mixture of Browns and Greens. Here's an example of Layering Browns and Greens for our happy microbes.

A COMPOST RECIPE TO **FEED YOUR SOIL.**



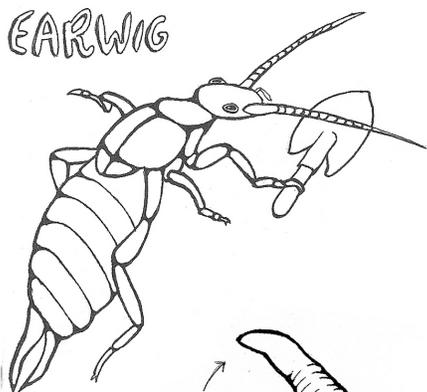
KEEP MOIST: As wet as a wrung out sponge.

AERATE: Air helps to speed up decomposition. Aeration should be done throughout the entire composting process.

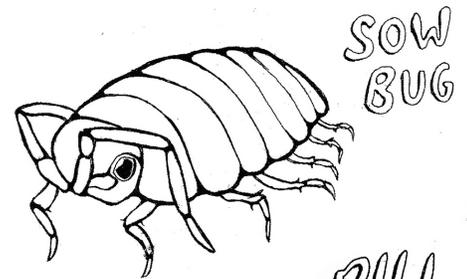
KEEP COVERED: Use a compost lid, cardboard or canvas over top of your pile.

Micro and Macro Organisms for our compost!

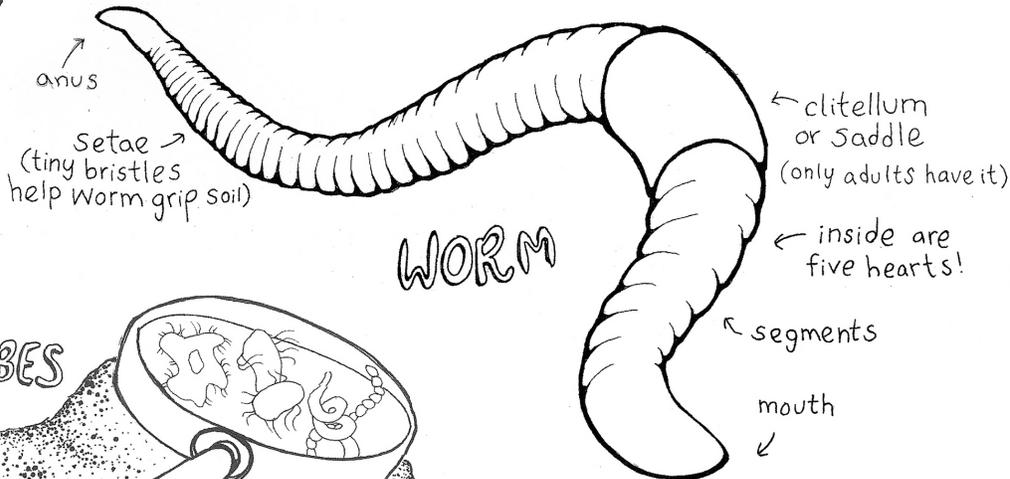
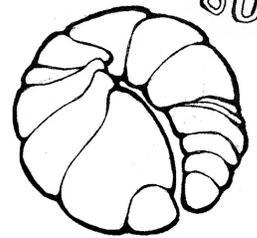
Micro means small and Macro means big. So Micro Organisms are soooo small we can't see them, but Macro Organisms are bigger and we can see them with our naked eye. Color these Micro and Macro Organisms that will LOVE your healthy compost pile.



WHO MADE ALL THIS DIRT?



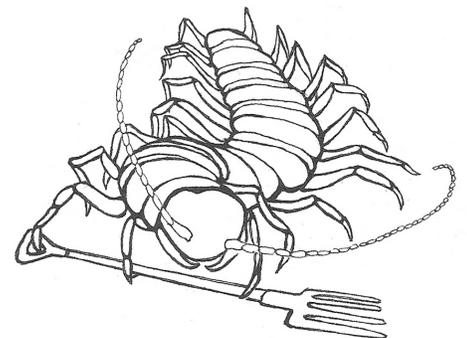
PILL BUG



MICROBES



CENTIPEDE



Did you know?



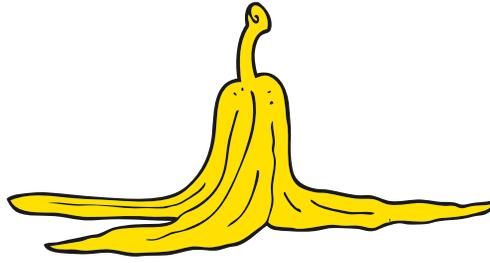
The average person throws away seven times their own body weight in waste every year. About 25% of the contents of your trash can is kitchen and garden waste. These are organic materials that end up in landfill sites. That's all materials you could be using for your compost instead!

Matching Game

GREEN, BROWN, or BLACK. Write whether each of the items below is GREEN (nitrogen rich), BROWN (carbon rich), or BLACK (neither and we want to avoid having them in our compost)



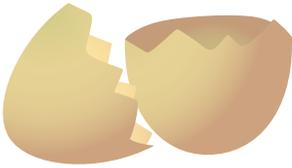
1. _____



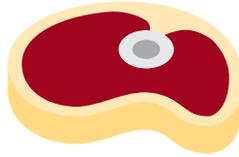
2. _____



3. _____



4. _____



5. _____



6. _____

Answer Key
1. Brown 2. Green 3. Black 4. Black 5. Brown 6. Green

COMPOST CRUNCHIES RECIPE

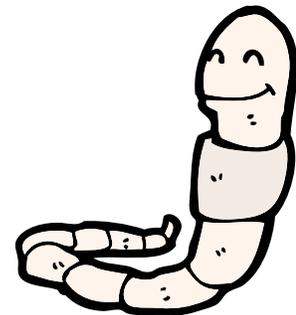
INGREDIENTS

Pretzels

Mint

Crushed Oreo or Cookie

Gummie Worms



INSTRUCTIONS

Pretzels are the brown material and Mint is the green material. So mix equal parts brown and green material. Then add the crushed cookie or oreo as the dirt. Mix everything together to make sure your aerating your compost crunchies. Don't forget the macrobials who will help breakdown the matter - Gummy Worms!