



Kitchen Scraps

Vegetable/fruit prep:

- All veggie prep
- Leafy greens
- Tomatoes & onions
- Carrots, beets, turnips, potato, etc.
- Avocado w/ pit
- Beans
- Herbs/flowers
- All fruit; whole bananas, apples, oranges, peels, cores, pits, seeds etc.

Coffee grounds & Tea:

- All coffee, & filters are okay
- Tea bags (remove string)

Other:

- Eggshells are great!
- Bread, pasta, noodles, rice, French fries & other starches with no meat or cheese

Other Acceptable Items

Yard Waste:

(please bag separately if > 5 gallons)

- Leaves
- Grass Clippings
- Wood Chips
- Saw Dust
- Grass Clippings
- NO Branches

Compostable Containers:

- Cups/Plates/Utensils marked "Compostable"
- Brown Paper Towels

Bad Items

- Meat, bones, skin etc.
- Dairy, cheese, cream, milk, yogurt, butter, etc.
- Pet Waste or Hair
- Plastics
- Metal-staples, twist ties, tin foil, etc.
- Stickers

Questions?

Contact Elements Mountain
Compost at 719-996-SOIL

Or info@elementscompost.com