

# List of 101 Items to Compost

growitbuildit.com

Number	Source	Material	Green / Brown	Special instruction
1	Kitchen	Fruit scraps	Green	
2	Kitchen	Vegetable peelings	Green	
3	Kitchen	Egg shells	Green	Crush them up
4	Kitchen	Coffee Grounds	Green	
5	Kitchen	Corn cobs & husks	Green	
6	Kitchen	Spoiled lettuce	Green	
7	Kitchen	Citrus rinds/peelings (orange, lemon, lime)	Green	. These are fine in a compost pile, but not ok for a worm bin / vermicomposting. The acidic citrus harms the worms.
8	Kitchen	Melon rinds	Green	
9	Kitchen	Pineapple	Green	
10	Kitchen	Squash skins / cores	Green	
11	Kitchen	Spoiled tofu	Green	
12	Kitchen	Spoiled wine	Green	
13	Kitchen	Spoiled juice	Green	
14	Kitchen	Expired canned vegetables	Green	
15	Kitchen	Pasta	Green	
16	Kitchen	Bread	Green	
17	Kitchen	Rice	Green	
18	Kitchen	Crackers	Green	
19	Kitchen	Rotten tomato sauce or paste	Green	
20	Kitchen	Expired spices / herbs	Green	
21	Kitchen	Expired granola/protein bars	Green	
22	Kitchen	Avocado pits	Green	Often germinates in compost piles / slow to break down
23	Kitchen	Peach pits	Green	Slow to break down
24	Kitchen	Spoiled cheese (in moderation)	Green	
25	Kitchen	Expired jam/jelly	Green	
26	Kitchen	Stale beer	Green	
27	Kitchen	Shrimp Shells	Green	
28	Kitchen	Lobster shells	Green	
29	Kitchen	Crab shells	Green	
30	Kitchen	Crayfish / Crawdad shells	Green	
31	Kitchen	Tea leaves	Green	
32	Kitchen	Pizza box	Brown	Only non-greasy parts without colored ink
33	Kitchen	Paper towel cardboard rolls	Brown	
34	Kitchen	Paper towels / napkins	Brown	
35	Kitchen	Brown Paper bags	Brown	Shredded
36	Kitchen	Tooth picks	Brown	
37	Kitchen	Chopsticks	Brown	
38	Kitchen	Wooden skewers	Brown	
39	Kitchen	Paper plates	Brown	Only white or brown, uncoated
40	Kitchen	Egg cartons	Brown	Only those made from recycled paper/cardboard. Shredded
41	Kitchen	Egg shells (crush them up)	Brown	
42	Kitchen	Coffee filters	Brown	
43	Kitchen	Tea bags	Brown	
44	Kitchen	Stale chips, tortillas, pitas	Brown	Only plain wooden chopsticks should be composted
45	Kitchen	Stale crackers	Brown	
46	Kitchen	Stale cereal	Brown	
47	Kitchen	Stale nuts / peanuts	Brown	
48	Kitchen	Nut shells (walnut, pistachio, etc)	Brown	
49	Kitchen	Peanut shells	Brown	
50	Kitchen	Sunflower seed shells	Brown	
51	Kitchen	Popcorn kernels	Brown	
52	Kitchen	Wine corks	Brown	
52	Kitchen	Clam/muscle shells	Brown	
53	Yard	Grass clippings	Green	Must be well mixed
54	Yard	Hedge trimmings	Green	

# List of 101 Items to Compost

growitbuildit.com

Number	Source	Material	Green / Brown	Special instruction
55	Yard	Fresh leaves	Green	Torn or cut up
56	Yard	Weeds	Green	Safe if you have a hot pile. If not, remove seed heads.
57	Yard	Seaweed	Green	Torn or cut up
58	Yard	Excess fertilizer	Green	Nitrogen rich fertilizer (no pesticides/herbicides)
59	Yard	Houseplant trimmings	Green	
60	Yard	Cut flower arrangements	Green	
61	Yard	Urine	Green	
62	Yard	Pumpkins / Jack-O-Lanterns	Green	
63	Yard	Used potting soil	Brown	
64	Yard	Flowerbed or garden fall clean up stalks	Brown	
65	Yard	Dead flower stalks	Brown	
66	Yard	Tree bark	Brown	
67	Yard	Twigs	Brown	
68	Yard	Autumn leaves	Brown	
69	Yard	Dust from sweeping floor or dust bunnies	Brown	<a href="http://growitbuildit.com">growitbuildit.com</a>
70	Yard	Dead houseplants	Brown	
71	Household	Brown packing paper (kraft paper)	Brown	Shredded
72	Household	Shredded cardboard	Brown	Torn or shredded
73	Household	Shredded paper	Brown	No colored paper or inks
74	Household	Toilet paper rolls	Brown	Used or clean, both can be composted
75	Household	Kleenex / tissues	Brown	
76	Household	Envelopes / junk mail	Brown	Non-glossy white paper plain or with black ink only
77	Household	Straw	Brown	People often discard after Autumn
78	Household	Sawdust	Brown	From untreated, plain air-dried or kiln dried wood
79	Household	Hair from brushes	Brown	
80	Household	Hair clippings / beard trimmings	Brown	
81	Household	Finger nail clippings	Brown	
82	Household	Lint from natural fabrics	Brown	
83	Household	Cotton balls	Brown	100% Cotton only
84	Household	White cotton clothes	Brown	100% Cotton only
85	Household	Wool clothes	Brown	100% Wool only, shredded
86	Household	White cotton sheets	Brown	100% Cotton only
87	Pet	Cow manure	Green	
88	Pet	Goat manure	Green	
89	Pet	Horse Manure	Green	Need to hot compost, as it can contain weed seeds
90	Pet	Rabbit Manure	Green	
91	Pet	Guinea pig manure	Green	
92	Pet	Manure from herbivoires	Green	
93	Pet	Deer manure	Green	Often can be found in yard
94	Pet	Chicken manure	Green	Warning - must reach 140F for 7 days or sit for a year before use! Salmonella / Pathogen risk
95	Pet	Old pet food	Green	
96	Pet	Feathers	Brown	
97	Pet	Pet hair	Brown	
98	Pet	Spoiled pet food	Brown	
99	Pet	Wood shavings from horse bedding	Brown	
100	Pet	Chicken bedding	Brown	
101	Pet	Rabbit/Guinea Pig bedding	Brown	