Material:	**Good for Composting?:**	**Carbon/Nitrogen:**
100% Cotton Clothing	**Yes!**	Carbon
Banana Peels	**NO!**	Nitrogen
Bark	**Yes!**	Carbon
Black Walnut Leaves	**NO!**	Nitrogen
Bones	**MAYBE**	Nitrogen
Bread	**MAYBE**	Nitrogen
Cardboard	**Yes!**	Carbon
Cat Litter	**NO!**	Nitrogen
Coal "BBQ" Ash	**NO!**	Carbon
Coffee Grounds	**Yes!**	Nitrogen
Corn Cobs & Stalks	**Yes!**	Carbon
Crab Shells	**Yes!**	Carbon
Dead Bugs	**Yes!**	Carbon
Diapers	**NO!**	Nitrogen
Dirt from Shoes	**Yes!**	Nitrogen
Diseased Plants	**NO!**	Nitrogen
Dryer Lint	**Yes!**	Carbon
Dust	**Yes!**	Carbon
Eggshells	**Yes!**	Carbon
Excelsior	**Yes!**	Carbon
Farm Animal Manure	**Yes!**	Nitrogen
Feathers	**Yes!**	Carbon
Flower Cuttings	**Yes!**	Nitrogen
Fruit & Veggie Scraps	**Yes!**	Nitrogen
Garden Plants	**Yes!**	Nitrogen
Grass Clippings	**Yes!**	Nitrogen
Green Comfrey Leaves	**Yes!**	Nitrogen
Hair	**Yes!**	Carbon
Human Manure	**NO!**	Nitrogen
Latex	**Yes!**	Carbon
Leather	**Yes!**	Carbon
Leaves	**Yes!**	Both, Depending
Lemon & Lime	**Yes!**	Nitrogen
Meat	**MAYBE**	Nitrogen
Medicine	**NO!**	Carbon
Melted Ice Cream	**Yes!**	Carbon
Mud	**Yes!**	Both
Nail Clippings	**Yes!**	Carbon
Newspaper	**Yes!**	Carbon
Nuts	**MAYBE**	Nitrogen
Oil	**NO!**	Nitrogen
Old Spices	**Yes!**	Nitrogen
Old Veggies & Fruits	**Yes!**	Nitrogen

Orange Rinds	**NO!**	Nitrogen
Pasta	**MAYBE**	Nitrogen
Peanut Butter	**Yes!**	Nitrogen
Peat Moss	**Yes!**	Nitrogen
Pencil Shavings	**Yes!**	Carbon
Pet Fur	**Yes!**	Carbon
Pet Manure	**NO!**	Nitrogen
Pine Needles	**Yes!**	Carbon
Plastic	**NO!**	Carbon
Popcorn	**Yes!**	Nitrogen
Sawdust	**NO!**	Carbon
Seaweed & Kelp	**Yes!**	Nitrogen
Shredded Paper	**Yes!**	Carbon
Shrub Prunings	**Yes!**	Carbon
Small Rocks & Gravel	**NO!**	Neither
Soil	**Yes!**	Nitrogen
Spoiled Canned Foods	**MAYBE**	Both
Sticky Notes	**Yes!**	Carbon
Straw or Hay	**Yes!**	Carbon
Subscriptions from Magazines	**Yes!**	Carbon
Synthetic Fibers	**NO!**	Nitrogen
Table Scraps	**Yes!**	Nitrogen
Tea Leaves	**Yes!**	Nitrogen
Urine	**Yes!**	Both
Used Matches	**Yes!**	Carbon
Vacuum Cleanings	**Yes!**	Carbon
Wedding Bouquet	**Yes!**	Carbon
Weeds	**NO!**	Nitrogen
Wine	**Yes!**	Carbon
Wood Ash	**Yes!**	Carbon
Wood Chips	**Yes!**	Carbon

Extra Information:
Best When Ripped Into Pieces, Avoid Colored Ink Where Possible
May Contain Pesticide Residue That Will Prevent Decomposition
Thinly Layer; Avoid Matting
Contains Toxins Which Can Kill Plants
Good for Compost but Attracts Insects & Animals to Compost Pile
Slow to Decompose, Can Become Slimy
Shred Material to Avoid Matting
Can Cause Health Risks
Only Use Ash from Clean Materials
Coffee Grounds & Filters are Great for Composting
Best When Chopped
Best When Crushed
Fast Decomposition
Can Cause Health Risks
Avoid Using too Much
Will Spread Disease Through Compost When Spread Onto New Plants
Best if Derived From Natural Fibers
Take Your Sweepings & Throw 'Em in the Pile!
Best When Crushed
Fast Decomposition
Compost 'Activator'
Fast Decomposer
Chop Up Any Lenghtly Wood Stems For Best Results
Add w/ Dry Carbon Items
Disease-Free Plants ONLY
Add In Thin Layers So They Don't Mat Into Clumps
Compost 'Activator'
Thinly Layer; Avoid Clumping
Can Carry Disease & Only Be Used Safely Under Very Specific Conditions
Slow Decomposer
Best When Ripped Into Pieces, Slow Decomposer
Leaves Break Down Faster When Shredded
Acidic, Do Not Over-Use
Good for Compost but Attracts Insects & Animals to Compost Pile
May Contain Chemical Residue That Prevents Decomposition
Compost 'Activator'
Compost 'Activator'
Probably a Better Idea Than Chewing Them
Avoid Using Glossy, Weatherproof or Tough Paper & Colored Inks
Very Slow to Decompose, Can Hold Up Rotting Down Process (If Used, Crush & Spinrkle Lightly)
Inability to Break Down; Can Cause Health Risks
Fast Decomposition
Nitrogen Rich, Fast Decomposition

May Contain Pesticide Residue That Will Prevent Decomposition
Slow to Decompose, Can Become Slimy
Avoid Using Too Much, Can Make Mixture Slimy
However Old, Peat Moss Makes a Great Compost Additionsaf
Fast Decomposition
Thinly Layer; Avoid Clumping
Can Carry Disease & Only Be Used Safely Under Very Specific Conditions
Acidic, Do Not Over-Use
Takes Thousands of Years to Decompose
Popped or Not Popped, It's All Good
Sawdust May Contain Machine and/or Chain Oil
Apply in Thin Layers; Good Source for Trace Materials
Avoid Using Glossy, Weatherproof or Tough Paper & Colored Inks
Woody Purnings Are the Slowest to Break Down
Can Be Used In Very Small Quantities to Help Break Down Compost, Adds No Other Effect
Soil Can Be Added to Mask Odor & Accelerate Compost Process
Good for Compost but Attracts Insects & Animals to Compost Pile if Meat is Included
Avoid Pieces with Excessive Ink
Straw is Best; Hay (w/ Seeds) Is Less Ideal
Avoid Glossy Paper or Colored Ink
Inability to Break Down
Add w/ Dry Carbon Items
Bags of Tea Leaves or Loose Tea Leaves Work Well
Compost 'Accelerator'
Fast Decomposition
Fast Decomposition
A Longer Decompistion Time Then Most Items on the List But Definitely Possible
When Weeds Have Seeds, They Will Survive Composting Process & Weed When Compost is Applied
Compost 'Accelerator'
Only Use Ash from Clean Materials; Sprinkle Lightly
High Carbon Levels, Do Not Over-Use