

Building Healthy Soil with Compost

Soil is a living ecosystem – a single tablespoon can contain billions of organisms. The healthier our soil, the more resilient our gardens, landscapes and farmlands are. Utilizing compost is the simplest way to create a beneficial environment for growing healthy, disease resistant plants.

Using compost:

- Fosters living soils that contain high levels of organic matter.
- Saves water by helping the soil absorb and hold moisture.
- Increases carbon sequestration by stimulating plant growth and soil microbial activity.
- Improves crop yields.
- Recycles valuable organic resources and keeps them out of landfills.

Whether you make your own compost in a backyard bin or buy it at the store, adding compost is a great way to create healthy soil and give your garden a boost. Compost can be added on top of garden beds, blended into potting mixes, and used as a liquid fertilizer.

Through training workshops and educational materials, StopWaste helps residents, urban farm partners, landscape professionals, and carbon farming partners understand the value of compost and how to make and use compost to grow healthy soil and food.

For more information on how to make your own compost or where to buy compost in bulk or in bags, visit www.StopWaste.org/gardening.

