

# SOWING THE SEEDS: COMPOSTING

WITH 'RUDY FROM @DEENTRAVELLERS'

"IT IS ALLAH WHO CAUSES THE SEED GRAIN AND THE DATE STONE TO SPLIT AND SPROUT. HE CAUSES THE LIVING TO ISSUE FROM THE DEAD. AND HE IS THE ONE TO CAUSE THE DEAD TO ISSUE FROM THE LIVING. THAT IS ALLAH: THEN HOW ARE YOU DELUDED AWAY FROM THE TRUTH?" (QUR'AN 6:96).



Composting is simply a process of returning food scraps to the earth, rather than adding them to our landfills. This means that the average person in the UK throws away around 400kg of waste each year; 7 times their body weight.

We are honouring the earth and our role as stewards by encourage life to grow from our waste.

Rudy showed us an easy way to compost our kitchen waste to make nutrient rich soil at home. Below is a similar technique.

IN TWO OF THE BUCKETS, DRILL SMALL HOLES IN THE BOTTOM. DO NOT DRILL HOLES IN THE THIRD BUCKET.

DRILL A LINE OF HOLES THROUGH THE LIP OF BOTH BUCKETS, NEAR THE TOP. THESE HOLES WILL PROVIDE AIRFLOW FOR YOUR BINS, SO THE CONTENTS DON'T GET TOO WET.

STACK ONE OF THE BINS THAT HAS HOLES IN THE BOTTOM INSIDE THE BUCKET WITHOUT HOLES. ADD 3 TO 4 INCHES OF MOISTENED SHREDDED NEWSPAPER OR CARDBOARD TO THIS BUCKET, THEN ADD THE WORMS AND SOME COMPOST. YOU CAN ALSO ADD A LITTLE FOOD SCRAPS AT THIS TIME.

DRILL A LARGE NUMBER OF HOLES THROUGH THE LID. THIS WILL PROVIDE ADDED AERATION THAT WILL HELP BREAK DOWN THE CONTENTS QUICKLY.



JUST PUT THE LID ON THE BIN AND LET THE WORMS DO THEIR THING. ADD FOOD AS OFTEN AS YOU NEED TO—WHENEVER THE CONTENTS HAVE BEEN MOSTLY DIGESTED.



[www.spruce.com](http://www.spruce.com)

**GREEN  
DEEN  
TRIBE**

