



Spotlight

Composting food waste at home

December 2022



Lochaber Environment Group (LEG) have promoted composting as a way of reducing the amount of waste going to landfill for many years.

As part of the Highland Community Waste Partnership LEG are offering composting classes, as well as free wooden compost bins to households in Lochaber. The aim is to help them to reduce the amount of food and garden waste they send to landfill, whilst also saving money and resources by making their own compost for their garden.

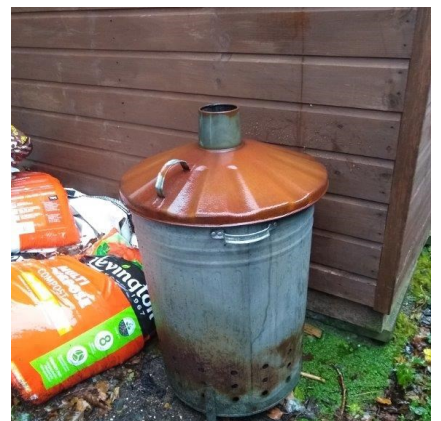
Sarah Jane Boles, from Onich attended one of LEG's composting classes in October 2022 and as a result was inspired and determined to start composting and also improve her home growing.

LEG caught up with her in November 2022, a few months after the class, to see how she was getting on. Here is what she had to say:

“Having attended LEG’s workshop, it has given me a lot of confidence to start my composting at home.”

“I have started a provisional composting bin using a metal container. It's a holding space until I get myself better organised with a wooden composter that I will get from LEG. I have started indoor and outdoor "collecting containers" for my green and brown ingredients, as interim places before they go into the metal bin. Surprisingly for me, the metal bin contents have quite a bit of heat in them. It seems to be working.

Looking further ahead, a larger set up, such as a wooden compost bin provided by LEG, would be more suitable. I also have plans to assemble some more bins, using some left-over wood from when my husband was building me some veggie beds.



Sarah's indoor and outdoor collecting containers, and her provisional composting bin, including an inside shot.



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2 photos of Sarah's: what she has started to grow, and includes cabbages and potatoes for Christmas.

"My plan is to make three composters for April, July and December to allow me to rotate my compost, and to use the one provided by LEG for used compost mixed with seaweed, which is high in nitrogen and potassium, another option that we learned in the course."

When asked what she enjoys the most about home composting, Sarah said, "I love being able to recycle and make the most of nature's resources".

Since LEG contacted her in November, Sarah has picked up a composting bin from LEG and has reported that she is composting, on average, over **3 full kitchen waste bins per week**, with an average weight of 1kg per time, which would lead to approximately **156Kg of food waste being diverted from landfill each year**.

Sarah believes that the support from Lochaber Environment Group has given her confidence to start and continue to home compost. Going forward, Sarah wants to learn more about the next stages of vegetable growing and how not to panic when her veggies get sick and die. Sarah is feeling more inspired to continue composting, and that this has helped her make changes to her behaviours and lifestyle, leading to her feeling more hopeful about climate change and her being able to make a difference.



Sarah's advice to others is:

"Composting is fun and rewarding. Do it!"