



Indian Farmer  
Volume 9, Issue 10, 2022, Pp. 422-425.  
Available online at: [www.indianfarmer.net](http://www.indianfarmer.net)  
ISSN: 2394-1227 (Online)

ORIGINAL PAPER



## Kitchen Waste Composting

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*Article Received: 03 October 2022*

*Published Date: 07 October 2022*

### INTRODUCTION

Composting is a method in which friable materials are piled up for decomposing and further used as fertilizer. Composting is a biochemical process in which aerobic and anaerobic microorganisms decompose organic matter into the valuable matter. Composting is the best low-cost alternative solution to decrease the problems occurring by biodegradable waste. Kitchen waste composting is one such method that is feasible with zero input and produces supplements for the home garden.

### Why Composting?

- Microorganisms such as bacteria actinomycetes as well as earthworms play an active and important role in decomposing the organic matter. These decompose the organic matter they break down and produce carbon dioxide, water and humus. The humus is the end product of composting.
- Applying compost to the soil improves the soil porosity and fertility as we introduce microbial-rich pathogens-free manure without hard elements.
- Piling the compost is the easiest and most healthy way to supply the required manure for plants. The regular kitchen waste is all we need to make compost. We can add flowers, leaves, peels, shredded paper, egg shells, yard waste, etc.

**Table 1. Quantities of different materials included in compost**

S.NO.	Materials	Quantity
1.	Soil	7 kg
2.	Cocopeat	3kg
3.	Dry flowers	300g
4.	Plantain peels	100g
5.	Mango peels	250g
6.	Cattle dung	1.5kg
7.	Paper	75g
8.	Dry leaves	150g
9.	Eggshells	25g



Figure 1: Materials used in the compost

**BASICS ABOUT COMPOSTING**

There are three basic requirements to compost.

Greens (wet waste)- This includes vegetable peels, fruit peels, scraps, etc.

Browns (dry waste)- This includes dry leaves, flowers, etc.

Water - The right amount of water along with browns and greens is everything we need for composting.

Having both the greens and browns in your pile will help maintain the nutrient composition and proper breakdown of materials.

**Table 2. Nutritional Content available materials**

S.NO.	Materials	NITROGEN	PHOSPHOROUS	POTASSIUM
1.	Mango peels	1.5%	0.40%	1.4%
2.	Cattle dung	3%	2%	1%
3.	Dry flowers	0.66%	0.02%	0.09%
4.	Plantain peels	0.06%	0.016%	0.03%
5.	Eggshell	0.4%	0.01%	0.3%



Figure 2: Coleus before and after using compost

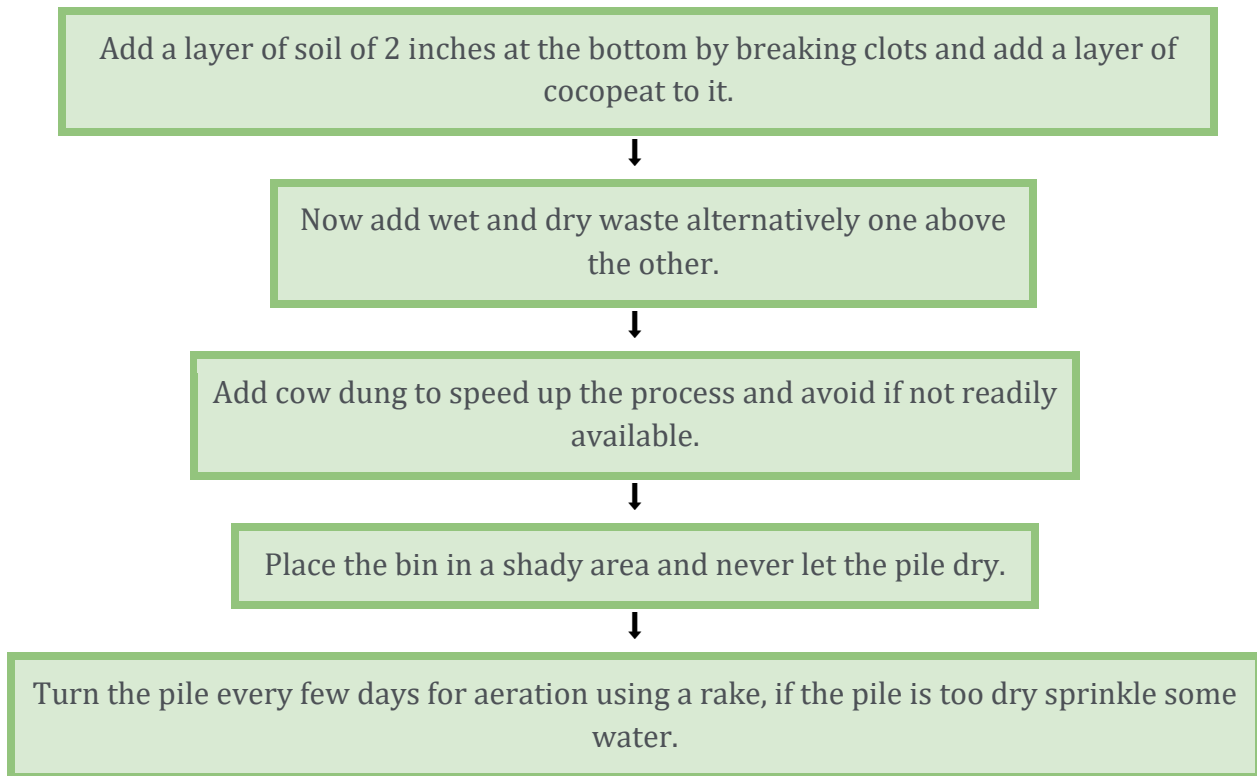
### STEPS OF COMPOSTING

Collect the wet (fruit peels, vegetable peels, crushed seeds and pulp) and dry waste (shredded paper, dry flowers and leaves) separately.



Take a bin of three to four feet and drill the holes for aeration around the bin.





## SUMMARY

Sir Albert Howard (1905-34) is considered the father of organic methods. Compost is a naturally occurring substance made of crumbly, darkish, and earthy-smelling organic matter. It is an effective soil improver. Compost enriches the soil with essential organic matter, stimulates plant development, conserves water, lessens the need for synthetic pesticides and fertilizers, and guards against erosion and runoff of resources.

## CONCLUSION

By composting indirectly we are serving our part in reducing pollution as it decreases the landfills. A family of four can reduce 1000kg to 100kg of waste by recycling and composting every year. If each family in India takes an oath and follows this technique it can be of great help to our government. It could be a healthy practice and helpful in encouraging the kitchen garden. We can eat what we grow! Happy composting!