




## SHEET COMPOSTING (using cardboard or newspaper)

The very best destiny for a cardboard box (which is built to be durable!) is for it to be re-used up to five times before considering it waste. This creates less pollution and greatly conserves resources too.

But once you've used your boxes to the max, try this alternative to disposal or recycling. By layering areas of your garden or landscape with certain materials, including cardboard and newspaper, you can build healthy soil to create a new weed-free plot or pathway ...without much labor at all.

### Lasagna composting recipe (sheet composting):

- Start with a layer of nitrogen-rich material (manure, weeds, grass clippings, leaves in the summer); cover right over existing weeds or chop them up to speed up the "cooking;"
- Add a layer of carbon-rich material (flattened cardboard or several sheets of newspaper); 
- Cover with a layer of compost and/or straw mulch and wait for the miracle of decomposition to build an enriched bed of plantable soil! Top off your layers in path areas with bark, other mulch material, or gravel.
- Another layer of cardboard or paper can be added, topped off with compost for a deeper bed.
- **MAKE SURE EACH LAYER IS WELL-WATERED**
- Ask your neighbors to save their cardboard and newspaper for you if they're not using it themselves.
- Search the Web for more detailed instructions for "sheet" or "lasagna" composting.