

# Grow Your Own Feast

## Sustainable Gardening

### Composting

Composting is great for the environment and can help you understand more about the three environmental r's: recycle, reuse and reduce. You can make a difference and have a positive effect on the environment by composting.

Composting is a natural biological process of recycling organic materials. Various micro-organisms, including fungi, insects, and bacteria, decompose organic materials such as food waste and leaves into a dark brown, crumbly soil that smells like a forest floor which is amazingly

### What you need:

Combine: brown stuff, green stuff, water, and air. You can mix and match the brown and green stuff that's listed below until you find a recipe that works best for you.

#### 1. Greens – 1 Part

Greens are those with higher nitrogen and are quite wet and heavy. They rot quickly and can get stinky fast unless you balance them out with enough browns. Nitrogen components consist of:

- Aquarium water, algae, and plants
- Dead houseplants
- Fresh grass clippings
- Green garden debris, such as spent pansies & deadheaded flowers
- Vegetative kitchen scraps
- Chicken, horse or cow manure

#### 2. Browns - 2-3 parts

Browns are those with higher carbon and are dry and bulky. They do not decay rapidly without green compost ingredients because they do not hold enough moisture.

Carbon components consist of:

- Brown garden debris, such as corn and sunflower stalks, dried legume (bean) plants.
- Hedge prunings and twigs
- Dried leaves
- Pine needles
- Cardboard



#### 3. Water

Moisture makes the best possible conditions for the matter to be broken down. After adding the greens and browns, water the compost pile and mix it well. You will need just enough water for the compost to be moist, not wet. In dry months, you need to add water, and in wet months you need to keep the compost pile covered from the rain.

#### 4. Air

Packing layers of brown and green matters into a compost pile is not going to make compost alone. Air needs to be added by turning the compost with a rolling composter or a fork. The compost pile will become warm as the organisms work to break down the organic materials. The heat in the middle of the compost pile can reach up to 150 °F. Turn the compost every few days to introduce more air and more materials from the edges to the middle.

Be careful when doing this and wear protective clothing. The Bacteria in the compost bin can be disturbed when turning and can get in your eyes or be inhaled, causing infections

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### Composting (continued)

#### Add these compost amendments to speed up composting:

Some materials are full of beneficial bacteria, fungi, and worms that will speed up the decomposition process. Add just a small portion of one of these materials to really get the party started.

- Healthy garden soil
- Mushroom manure
- Well-rotted manure (not pet waste)
- Compost Accelerator

#### What you do:

##### 1. Choose a compost bin

You can re-use or build your own compost bin to hold organic materials.

##### Choose your composter location

Choose a site that is sunny and well-drained. Most importantly you should find a site that is easily accessible year-round. Place the bin over bare soil rather than paving to ensure that beneficial organisms can make their way into the compost. It's a good idea to remove any plants and turn the soil to a depth of about 6-8 inches.

##### 2. Making great compost

Collect compostable materials which are listed above in containers. You can chop materials into small pieces (the smaller the better). When they are full, empty their contents into the compost bin.

##### 3. Where to start?

Place a 4 inch to 6 inch bottom layer of coarse material such as twigs, dead plant stalks in your composter in order to allow for drainage and aeration. Cover this layer with leaves. Then simply alternate layers of garden waste and kitchen waste in 4 inch to 6 inch increments. Top off the compost pile with 1 inch of healthy garden soil or mushroom manure.

#### Health and safety tips



- Check area for hazards immediately before you allow children to approach the bin
- Checks should be carried out to ensure no child is at risk from an adverse allergic reaction when working with compost.
  - Appropriate supervision ratio of adults to children
  - Discuss with the children the possible hazards of composting and how they might be avoided or reduced
- Gardening gloves should be worn when working with the compost
- Children should wear appropriate footwear e.g. not opened toed sandals;
- Do not eat or drink during the activity and also wash hands thoroughly after the activity;
- Any cuts should be covered before any composting activity
  - Garden tools used should be appropriate to the children's size/ age and children should be trained in the safe use of all tools they will use.

Whenever you add food scraps or garden waste, be sure to top it with a layer of browns (Carbon materials). If you do not add carbon materials, your compost will be wet and can smell like rotten eggs! If possible, collect and store dead leaves in a container in the autumn months so you can use them in your compost pile year-round.

##### 4. Add Water

Each layer gets a good sprinkling of water to wet the organic materials. You should wet each layer as you build it. Repeat each of the layers until the bin is full.

##### 5. Maintain Your Compost Bin

Once you have a full compost bin, mix and turn the compost every 7 days or so to help the breakdown process and eliminate odour. The more you turn the pile the faster you will have finished compost!

# Tyfu'ch Gwledd eich Hun

## Garddio Cynaliadwy

### Compostio

Mae compostio'n wych i'r amgylchedd, a gall eich helpu i ddeall mwy am y tri pheth amgylcheddol pwysig yma: ailgylchu, ailddefnyddio a lleihau. Gallwch chi wneud gwahaniaeth a chael effaith gadarnhaol ar yr amgylchedd drwy gompostio.

Mae compostio'n broses fiolegol naturiol o ailgylchu deunydd organig. Mae amrywiol ficro-organebau, yn cynnwys ffyngau, trychfilod a bacteria, yn dadelfennu deunydd organig megis gwastraff bwyd a dail a'u troi'n bridd brown tywyll, brau sy'n arogl fel llawr coedwig, ac mae hwn yn rhyfeddol o faethlon i'ch gardd. nutritious for your garden.

### Bydd arnoch angen:

Cyfunwch, stwff brown, stwff gwyrdd, dŵr, ac aer. Gallwch gymysgu a newid o gwmpas y deunydd sydd wedi eu rhestru isod hyd nes y dowch o hyd i'r rysâit sy'n gweithio orau i chi.

#### 1. Gwyrddion – 1 Rhan

Y gwyrddion yw'r rhai sydd â lefel uwch o nitrogen, ac sy'n eithaf gwlyb a thrwm. Maen nhw'n pydru'n gyflym a gallant arogl'n ddrwg os nad ydych yn eu cydbwysu â digon o ddeunydd brown. Mae cydrannau nitrogen fel a ganlyn:

- Acwariwm dŵr, alga a phlanhigion
- Planhigion tŷ sydd wedi marw
- Toriadau glaswellt ffres
- Rwbil gardd gwyrdd, megis blodau 'caru'n ofer' a blodau â phennau marw
- Darnau dros ben o'r gegin, sy'n gysylltiedig â llysiâu
- Gwrtaith cywion ieir, ceffylau neu fuchod

#### 2. Browniau - 2-3 rhan

Mae'r rhai brown yn cynnwys mwy o garbon ac yn sych ac yn swmpus. Nid ydynt yn pydru'n gyflym heb gynhwysion compost gwyrdd am nad ydynt yn dal digon o wlybaniaeth. Mae cydrannau carbon fel a ganlyn:

- Rwbil gardd brown, megis coesynnau yd a blodau'r haul, planhigion legume sych (ffa).
- Toriadau perthi a brigau bach
- Dail sych
- Nodwyddau pîn
- Cardfwrdd



#### 3. Dŵr

Mae gwlybaniaeth yn rhoi'r amodau gorau posibl i ddadelfennu sylweddau. Wedi ychwanegu'r gwyrddion a'r browniau, rhwch dŵr ar y pentwr compost a chymysgwch hwn yn dda. Mewn misoedd sych mae angen i chi ychwanegu dŵr, ac mewn misoedd gwlyb mae angen i chi gadw'r pentwr o gompost wedi ei orchuddio o'r glaw.

#### 4. Aer

Nid yw cywasgu haenau o sylweddau brown a gwyrdd yn domen o gompost ar ei ben ei hun yn mynd i wneud compost. Mae angen ychwanegu aer drwy droi'r compost â chompostydd rholio neu fforch. Bydd y domen o gompost yn cynhesu wrth i'r organebau weithio i ddadelfennu'r deunydd organig. Gall y gwres yng nghanol y domen gompost gyrraedd hyd at 150 °F. Trowch y compost bob ychydig ddyddiad i gyflwyno mwy o aer a deunydd o'r ymylon i'r canol.

Byddwch yn ofalus pan fyddwch yn gwneud hyn, a gwisgwch ddillad a fydd yn eich diogelu. Gellir aflonyddu ar y bacteria yn y bin compost wrth ei droi, a gall fynd i mewn i'ch llygaid, neu gael ei anadlu, gan eich heintio.

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# Tyfu'ch Gwledd eich Hun

## Garddio Cynaliadwy

### Compostio (parhad)

#### Ychwanegwch yr elfennau llesol hyn i'r compost i gyflymu'r broses:

Mae ambell i ddeunydd yn llawn o facteria llesol, ffyngau a phry genwair a fydd yn cyflymu'r broses o ddadelfennu. Does ond angen ychwanegu cyfran fechan o un o'r defnyddiau yma i fynd ati go iawn.

- Pridd iach o'r ardd
- Gwrtaith madarch
- Gwrtaith sydd wedi pydru'n dda (dim gwastraff anifeiliaid)
- Cyflymydd Compostio

#### Beth i'w wneud:

##### 1. Dewiswch fin compost

Gallwch aildefnyddio neu wneud eich bin compost eich hun i ddal deunydd organig.

##### Dewiswch leoliad eich compostydd

Dewiswch safle sy'n heulog ac wedi ei ddraenio'n dda. Yn bwysicaf oll dylech gael hyd i safle y mae'n hawdd cael mynediad iddo gydol y flwyddyn. Gosodwch y bin dros bridd moel yn hytrach na llawr pafin er mwyn sicrhau y gall organebau llesol wneud eu ffordd i mewn i'r compost. Y mae'n syniad da i dynnu ymaith unrhyw blanhigion a throi'r pridd i ddyfnder o tua 6-8 modfedd.

##### 2. Gwneud compost gwych

Casglwch ynghyd, mewn cynwysyddion, ddeunydd megis y rhai a restrir uchod, y gellir eu compostio. Gallwch dorri'r deunydd yn ddarnau bychain (gorau po leiaf). Pan fyddant yn llawn, gwacewch eu cynnwys i'r bin compost.

##### 3. Ble i ddechrau?

Gosodwch haen waelod 4 modfedd i 6 modfedd o ddeunydd garw megis brigau bach, coesynnu planhigion marw, yn eich compostydd i hwyluso draenio ac awyru. Gorchuddiwch yr haen yma â dail. Yna rhowch am yn ail haenau o wastraff gardd a chegin i gynyddu'r cyfan mewn camau o 4 modfedd i 6 modfedd. Ar frig y pentwr compost rhowch 1 modfedd o bridd gardd iach neu wrtaith madarch.

#### Health and safety tips

- Gwiriwch yr ardal am beryglon yn syth cyn i chi adael i blant fynd at y bin.
  - Dylid cynnal gwiriadau i wneud yn siŵr nad oes unrhyw blentyn mewn risg o gael adwaith alergaidd wrth weithio gyda chompost.
  - Cymhareb goruchwyllo briodol o oedolion i blant
- Trafodwch gyda'r plant beryglon posibl compostio a sut y gellir eu hosgoi neu eu lleihau.
  - Dylid gwisgo menig garddio wrth weithio gyda'r compost.
- Dylai'r plant wisgo esgidiau addas e.e. nid sandalau blaen-agored.
- Peidiwch â bwyta nac yfed yn ystod y gweithgaredd, a hefyd golchwch eich dwylon drwyadi wedi'r gweithgaredd;
  - Dylid gorchuddio unrhyw doriadau cyn unrhyw weithgaredd compostio.
- Dylai'r offer gardd fod yn addas i faint/oed y plant, a dylid eu hyfforddi ar sut i ddefnyddio'u hoffer yn ddiogel,.

Pryd bynnag y byddwch yn ychwanegu gweddillion bwyd neu wastraff gardd, gwnewch yn siŵr eich bod yn rhoi haen o ddeunydd brown (deunydd carbon) ar ei ben. Os nad ydych yn ychwanegu deunydd carbon, bydd eich compost yn wlyb, a gall arogl fel wyau wedi mynd yn ddrwg! Os yw'n bosibl, casglwch a storiwch ddail marw mewn cynhwysydd ym misoedd yr hydref fel y gallwch eu defnyddio yn eich tomen gompost gydol y flwyddyn.

#### 4. Ychwanegwch Ddŵr

Dylai pob haen gael chwistrelliad da o ddŵr i wlychu'r deunydd organig. Dylech wlychu pob haen wrth adeiladu. Rhowch haenau eraill o'r un fath yn eu tro nes bo'r bin yn llawn.

#### 5. Cynnal eich Bin Compost

Unwaith y bydd gennych fin compost llawn, cymysgwch a throwch y compost tua phob 7 diwrnod i helpu'r broses bydru a chael gwared ag arogl drwg. Po fwyaf y byddwch yn troi'r pentwr, y mwyaf cyflym y byddwch wedi gorffen gwneud eich compost!

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