



## FOLLOWING NATURE'S LEAD: COMPOSTING

Source: "The Compost Story" video by Kiss the Ground, an education and advocacy nonprofit

In nature, nothing is wasted. That includes all **organic matter**, anything that lives and grows. Thanks to trillions of microbes in and surrounding us, everything that breathes is in the end repurposed and contributes to the growth of new life.

But every year 60 billion pounds of mineral-rich food materials (organic matter) are tossed into landfills, to be sealed up forever. Imagine if, instead, we turned all that food waste into compost. And this would also help reverse climate change!

**WASTE IS A HUMAN INVENTION. We humans are the only creatures on earth who don't live a zero-waste existence.**

**THE BIRTH OF SOIL**—Over 500 million years ago, tiny organisms brought plants onto land. The microbes provided minerals and water in exchange for carbon sugars produced by the plants through photosynthesis. Over time, this resulted in a terrestrial explosion of life. More life meant more excretions and death, which meant more food and nutrients. Ecosystems developing in this way over time covered barren land with fertile soil. **This is the SOIL-FOOD-WEB.**

**WHAT IS COMPOST?**—Today **composting mimics this natural upcycling process**, transforming combinations of organic material into life-filled, nutrient-available organic matter.

Soil is not just mulch, manure, or food waste. It has super powers: strengthening plants and increasing crop yields and the soil's water-holding capacity. Compost stimulates plant life by bringing microbial life, nutrients, and water-retaining humus to depleted soils.

More plant growth takes more and more carbon from the atmosphere. Microbes feed plants; plants feed microbes, and the self-generating soil-carbon-pump cycles on and on **building soil**. Compost is a regenerative substance. It isn't just fertilizer. It's an essential microbial source, a probiotic for the land beneath our feet.

## HERE'S WHAT'S HAPPENING TODAY

Currently more than 50% of what goes into landfills is FOOD SCRAPS, PAPER, YARD TRIMMINGS, KITCHEN PEELINGS, and WOOD – ALL compostable materials! **We are throwing away the very building blocks of life!**

Only 5% of our food scraps gets composted. Food material equal to the weight of 4 ½ great Egyptian pyramids goes into landfills each year...and there it rots, **creating methane gas, a greenhouse gas up to 86 times more potent than carbon!**

Food, grass, leaves, and clippings are all designed by nature to fall back into the ground and increase fertility. But today they are shipped miles to landfills! Some city governments are finally making composting more available, but the collection bins are too often misused by people randomly tossing trash (inorganic materials) into them.

Our current agriculture system robs our soils of carbon and biology, replacing them with toxic chemicals, leading to more degeneration and desertification. **We've broken the regenerative loop of life!**

Without soil, life on earth is impossible. Soil without life is just dust. If soil has been stripped of its life-giving qualities, what can help save our future? Answer: properly made compost.

## WHEN COMPOSTING HAPPENS

The soil is spongy again, retaining water, restoring underground water supplies, supporting fertile farms producing tastier, more nutritious food and...no longer covered in toxic chemicals. **Imagine a farm-to-table-to-compost-to-farm system. This is the regenerative system our future depends on.** And doing it is easier than you might think.

Cities like Los Angeles, San Francisco, St. Louis, and New York City are leading the charge. Countries from Haiti to Australia are composting and addressing food security.

To help reverse climate change and keep the planet habitable, humans must participate in regeneration.



**Support  
Composting!**

