

## Balcony and Indoor Composting Tips

Looking for alternatives to backyard composting? Whether you live in a small apartment or on an acreage, you can find advantages in trying out Bokashi and worm composting. These methods take up very little space and work well on balconies, garages, and even in the kitchen.

### Bokashi Composting



Food scraps are regularly added to an airtight bucket, compacted and sprinkled with a material containing Effective Microorganisms (EM). EM is a selection of microorganisms that facilitate beneficial fermentation and suppress harmful bacteria and fungi that often cause unpleasant putrefaction in low oxygen environments. After a minimum of two weeks, food scraps are fermented into a pre-compost that can be buried into soil or added to compost where it takes approximately another month to work into the soil.

#### Advantages:

- Conveniently compost any type of food in the same bin including meat, dairy and seafood.
- Very little or no odors, keeping pests such as fruit flies and rodents away.
- Easy to use, just add food scraps and Bokashi product and ensure excess liquids are drained.
- Inexpensive, learn how to make a Bokashi system here: <http://timetorecycle.com/compost/bokashi.asp>

#### Limitations:

- Need to purchase or make Bokashi product and containers. Try these BC suppliers: Great Day Solutions (<http://greatday18.ca/>) or West Coast Seed Company (<http://www.westcoastseeds.com/>).
- Requires a place to put fermented Bokashi pre-compost, such as a garden bed or compost bin.

### Vermicomposting



Food scraps are digested by worms adapted to feeding on decaying organic matter. There are various bins on the market and you also have the option of making your own. Special care is required as worms require specific temperature, pH and moisture conditions and a carbon source such as leaves, shredded paper or cardboard. City Farmer is an excellent resource for getting started: [www.cityfarmer.info/wormcomposting/](http://www.cityfarmer.info/wormcomposting/)

#### Advantages:

- Produces excellent quality compost and is a very good supplement to other compost methods.
- A fun and educational experience for children.

#### Limitations:

- Not appropriate for certain food scraps such as meat and dairy. Certain materials such as excess citrus peels or coffee grinds can make conditions too acidic for worms.
- Extra care must be taken to ensure a healthy environment for worms and to avoid pests.



Need more tips on composting?  
Visit [www.rcbc.ca](http://www.rcbc.ca) or call the Recycling Hotline  
**Lower Mainland: 604-732-9253 Toll-Free: 1-800-667-4321**

