



Use Freely in Balanced Bins

Fruit

- Apple Cores and Peels
- Pear
- Plum & peach skins (*remove pips*)
- Strawberry tops
- Grape stems
- Chopped melon rind (*thin slices*)
- Small citrus segments (*not peels*)
- Cherry skins (*remove pits*)
- Kiwi skins (*chopped very small*)
- Papaya skins and seeds
- Mango skins (*chop finely; remove pits*)
- Cucumber ends and peels
- Nectarine & apricot skins (*remove pits*)

Veg

- Root Veg - Carrot, parsnip, swede (*peels & tops chopped*)
- Leafy greens- Lettuce, Kale, Rocket, Cabbage, Spinach, Spring Greens, Pak Choi (*if not slimy*)
- Legumes & Pods- Green Beans, Pea Pods, Mange tout and Broad Bean pods (*chopped*)
- Broccoli (*chopped stems*)
- Sweetcorn husks (*chopped*)
- Pumpkins/Squash (*chop thin, crushed seeds, blossoms, soft flesh*)
- Courgette ends and peels
- Celery tops (*chopped small*)

Herbs

- Mint (*fresh, not woody*)
- Basil (*soft leaves*)
- Dill (*small amounts*)
- Coriander (*leafy and tender*)

Use In Moderation

Fruit

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Veg

- Onion (*May slow microbial activity or repel worm*)
- Garlic (*May slow microbial activity or repel worm*)
- Potatoes (*Starchy or slow to break down*)
- Tomatoes (*May ferment or attract fruit flies in warm bin*)
- Peppers (*May ferment or attract fruit flies in warm bin*)
- Cauliflower (*Can cause odours*)
- Brussels (*smelly if overfed*)
- Beetroot (*Can go slimy or attract pests if overfed*)
- Rhubarb (*Acidic*)
- Leeks (*May slow microbial activity or repel worm*)
- Shallots (*May slow microbial activity or repel worm*)
- Turnips (*Starchy or slow to break down*)

Other Additions

- Bread Crust, Plain Pasta or Rice (*starchy, attract pests if overfed*)
- Tea bags (*only plastic-free*)
- Coffee (*too much can become acidic*)
- Eggshell (*Great for grit, but slow to break down—crush first*)
- Nut shells (*Very slow; only if crushed*)
- Corn cobs (*Woody; chop small or soak first*)