



# Barracks Lane Community Garden

Charity No. 1116544 and incorporated as Company No. 05945388

## **PRESS RELEASE**

**5<sup>th</sup> July 2010**

### **Challenging composting myths**

A compost workshop was held at Barracks Lane Community Garden last Saturday, where locals were given helpful advice on truth and myths around what you can compost.

Run by Master Composters Martin Stott and Clare Marsh, both trained by [Garden Organic](#), it was discovered that the idea that you shouldn't put citrus fruits into your compost bin as it will make it too acidic, is a myth. "You would have to eat or use an awful lot of oranges and lemons to make your compost acidic" said Martin. "If you put in 24 cases of orange peel a week, well that might make it acidic, but people composting at home will never reach these levels. It's perfectly ok to put your citrus fruit peelings onto your compost heap".

In truth, as Martin and Clare explained, most kitchen waste can go into your compost bin apart from cooked food such as pasta, rice, bones and leftovers that were cooked in oil. These can be collected by the [City Council's food waste scheme](#). Other things to avoid include animal waste and coal from summer barbeques.

Almost everything else can go in a compost bin, including garden waste such as grass clippings, and 'brown waste' like cardboard, old newspapers and even shiny leaflets posted through your mail box. To most people's surprise, even perennial weeds such as bindweed can go into your compost bin. Just leave them out in the sun for a couple of weeks to dry out completely, then you can safely put them on your compost and they won't do any harm.

Clare and Martin also reminded us that you can use your compost too! Once it has rotted down, approximately after 3-4 months in summer but longer in the cooler months, you can put it on your garden as mulch, or add to your vegetable beds to increase nutrients. You can also use your compost to pot up seedlings.

Barracks Lane Community Garden's Compost Workshop is part of a series of [Local Food](#) events being put on at the garden between 2010 and 2012. The workshops are free and open to all. The garden is situated on Barracks Lane, off Cumberland Road, in Cowley/East Oxford. See website <http://www.barrackslanegarden.org.uk> for further details.

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## Notes

1. Barracks Lane Community Garden is a community-run green space off the Cowley Road in Cowley/East Oxford. It hosts many regular events as well as special and annual events. It is also open every weekend from Easter to autumn for all to visit and enjoy. The garden can be booked for children's parties, meetings, workshops, and other community events. Barracks Lane Community Garden, Barracks Lane, off Cumberland Road, Oxford OX4 2AP, E: [barrackslanegarden@yahoo.co.uk](mailto:barrackslanegarden@yahoo.co.uk), W: <http://www.barrackslanegarden.org.uk/>.
2. For more information about [Garden Organic's](http://www.gardenorganic.org.uk/composting/mastercomposter.php) Master Composter volunteers, visit: <http://www.gardenorganic.org.uk/composting/mastercomposter.php>.
3. Local Food: has been developed by a consortium of 15 national environmental organisations, and is managed on their behalf by the Royal Society of Wildlife Trusts (RSWT). Supported by the Big Lottery Fund's Changing Spaces programme, Local Food will distribute grants to a variety of food related projects to make locally grown food more accessible. [www.localfood.org](http://www.localfood.org)

The Royal Society of Wildlife Trusts (RSWT): is a registered charity, incorporated by Royal Charter, to promote conservation and manage environmental programmes throughout the whole of the UK. It has established management systems for holding and distributing funds totalling more than £20 million annually to environmental projects across the UK.

The Big Lottery Fund's Changing Spaces programme was launched in November 2005 to help communities enjoy and improve their local environments. The programme funds a range of activities from local food schemes and farmers markets, to education projects teaching people about the local environment. The Big Lottery Fund, the largest of the National Lottery good cause distributors, has been rolling out £2 million in Lottery good cause money every 24 hours to health, education, environment and charitable causes across the UK.

[www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk).

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