Compost and Organic Matter Chart

Just like our bodies, the soil needs a variety of nutrients in order to keep plants healthy and strong. Through composting, we can "feed" our soil a balanced diet of all the nutrients it needs. Here is a list of organic matter that can provide good sources of the three major nutrients—Nitrogen, Phosphorus, and Potassium. Remember that variety and balance are the keys to nutritious compost and healthy soil—Be diverse!

Nitrogen values	
Materials	**%**
Bat manure	() () ()
Bone meal	() ()
Castor pulp	() () ()
Chicken manure (fresh)	() ()
Coffee grounds	() ()
Cow manure (fresh)	()
Cow urine (fresh)	()
Cowpea fodder	() ()
Dog manure (fresh)	() ()
Duck manure	()
Eggshells	()
Feathers	() () ()
Fish bones	() ()
Hair	() () ()
Hoof and horn meal	() () ()
Horse manure (fresh)	()
Horse urine (fresh)	()
Maize fodder	()
Maize stalks	()
Milk	()
Nut shells	() ()
Peanut shell (ashes)	()
Peanut shells	() ()
Pig manure (fresh)	()
Pig urine (fresh)	()
Pigeon manure (fresh)	() () ()
Potato skins	()
Rabbit manure	() ()
Sheep manure (fresh)	()
Sheep urine (fresh)	()
Soybean	() ()
Tea grounds	() () ()
Tobacco leaves	() () ()
Tobacco stems / stalks	() ()

Phosphorus values	
Materials	**%**
Banana fodder (ash)	() ()
Banana leaves	() ()
Banana stalk	() ()
Bat manure	() () ()
Bone meal (raw)	() () ()
Bone meal (steamed)	() () ()
Castor pulp	() ()
Chicken manure (dried)	() ()
Chicken manure (fresh)	()
Citrus wastes (ash)	() ()
Cow manure (dried)	()
Cow manure (fresh)	()
Cucumber skins (ash)	() () ()
Dried blood	() () ()
Fish (dried/ground)	() () ()
Fish bones	() ()
Goat manure (dried)	()
Goat manure (fresh)	()
Hoof and horn meal	() ()
Horse manure (dried)	()
Horse manure (fresh)	()
Orange skins (ash)	() ()
Peapod ash	() ()
Pig manure (fresh)	()
Pigeon manure (fresh)	() ()
Sheep manure (dried)	()
Sheep manure (fresh)	()
Wood ash	() ()

Potassium values	
Materials	**%**
Banana leaves	() () ()
Banana skins	() () ()
Banana stalk	() () ()
Beef wastes	()
Castor pulp	() ()
Chicken manure (dried)	()
Chicken manure (fresh)	()
Cow manure (dried)	()
Cow manure (fresh)	()
Cow urine	()
Cowpea fodder	() ()
Fire pit ashes	() () ()
Fish bones	() ()
Goat manure (dried)	() ()
Goat manure (fresh)	()
Horse manure (dried)	()
Horse manure (fresh)	()
Horse urine	()
Maize cobs	() () ()
Orange skins (ash)	() () ()
Peapods (ash)	() () ()
Pig manure (fresh)	()
Pigeon manure (fresh)	()
Potato tubers	() ()
Potato vines (dried)	()
Sheep manure (dried)	() ()
Sheep manure (fresh)	()
Soybean fodder	() ()
Tobacco stems	() () ()
Vegetable waste	()
Weeds	()
Wood ash	() () ()

() () () - Good source
() () - Fair source
() - Low source