

# Home Grown Food



**COMPOSTING AND GARDENING**

**BY CHRIS PIERETTI OF KITCHEN HARVEST**



# It's all about the Soil!



## What is compost?

## Composting Systems

- Different Methods
- Determine length of time and quality of finished product

## Steps:

1. Location
2. Vessel
3. Mix

## Formula for Good Compost =

**Air + Water + Carbon (brown materials) + Nitrogen (green materials)**

# Manual Methods



**“Turned” Pile**



**3 Bin System**



**Tumbler**



## Pros:

- Hot Pile
- Low Cost/no energy cost

## Cons:

- Heavy lifting
- Weekly Maintenance

# Static Aerated Pile



## Pros:

- Lower Maintenance
- Faster?

## Cons:

- Cost
- Installation labor

# Vermicomposting ( i.e. WORMS!)



## Pros:

- Faster Breakdown
- Lowest Maintenance

## Cons:

- Cool pile – pathogens & weed seeds
- Seasonal

# The Best Mix

**browns**

**CARBON**

brown bags  
dried landscape  
waste  
fall leaves  
sawdust  
straw  
wood chips

**greens**

**NITROGEN**

alfalfa meal  
coffee grinds  
crushed eggshell  
hair  
fresh landscape  
waste  
fruits & vegetables  
tea bags

Keep it balanced:

3 Browns to 1 Green

**no  
nos**

fish bones  
meat dairy  
diseased plants  
poop from  
people &  
meat eating  
animals

# Kitchen Harvest Organics Recycling



## Pros:

- No Maintenance
- Tested Premium Product
- No space required

## Cons:

- Minimal Cost
- No view of pile in your backyard to look at

# Finished Compost



## Uses:

- **Mulch**
  - suppresses weeds
  - prevents erosion
  - retains moisture
  - allows air circulation
- **Soil amendment**
  - improves tillage
  - provides nutrients
  - acts as a natural pesticide

**Best thing you can add to your soil to grow food!**

# How to grow your own food



- **Healthy seedling + good soil + sun + water = food**
- **Organic pest solutions**
- **Companion Planting**
- **Crop Rotation**

# How to grow your own food



## Containers

(e.g., pots of herbs, salsa garden  
- peppers, tomatoes & cilantro)



## Edible Landscape

Herbs, fruits, and vegetables mixed with  
annual, perennials, grasses & shrubs



## Full Garden

Over 30 different types of fruits,  
vegetables, and herbs providing  
100's of servings.

## Raised Bed

(e.g., soup and salad garden  
– lettuces & root vegetables)

# What can you grow?



Spring



Summer



Fall



Winter



# Why do it yourself?



- **Lower cost**
- **Better Nutrition**
- **Better Taste**
- **More Convenient**
- **Increased Food Safety**
- **Resource Conservation**
- **Less Pollution**

# Kitchen Harvest Products & Services



Organics Recycling



Compost



Seedlings



Garden Design & Installation



# Organics Recycling Program



## How does it work?

1. 5 gallon bucket delivered to your door
2. Fill it with Kitchen Waste – fruit & veggie scraps, coffee grounds
3. Place Yard Waste in trash can – grass clippings, leaves, flowers, plants and weeds
4. Pick-up scheduled twice/month
5. Leaf clean-ups available for the fall

# Our Future



**Better future for our families, our communities and our Earth.**



# Contact Info



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# Your Kitchen Harvest Menu

**Spring:** Arugula, Asparagus, Beets, Broccoli, Broccoli Rabe, Brussels Sprouts, Cauliflower, Chard, Chives, Cilantro, Escarole, Kale, Lettuces, Mesclun Greens, Parsnips, Peas, Radish, Romaine, Rosemary, Spinach, Sage, Strawberries, Thyme.



**Summer:** Basil, Blueberries, Blackberries, Beans, Chard, Celery, Chives, Cucumber, Corn, Dill, Eggplant, Garlic, Marjoram, Mint, Okra, Onion, Oregano, Parsley, Peppers, Radish, Rosemary, Sage, Shallot, Squash, Tomato, Zucchini.

**Fall:** Arugula, Beets, Broccoli, Broccoli Rabe, Brussels Sprouts, Cauliflower, Carrots, Chives, Cilantro, Escarole, Fava Beans, Kales, Lettuces, Peas, Pumpkin, Romaine, Rosemary, Sage, Spinach, Squash, Turnips.



**Winter:** Arugula, Carrots, Endive, Escarole, Kales, Leeks, Lettuces, Mache, Rosemary, Sage, Scallions, Spinach.