

USED COFFEE GROUNDS

Who would have thought that used coffee grounds were so good for the garden?

More and more people are becoming regular users of this wonderful natural product. Use it and the results will speak for themselves.



MAKE A DIFFERENCE

GROUNDTOGROUND.ORG

GROUND TO GROUND

MAKING A DIFFERENCE ONE LATTE AT A TIME



Sometimes it is hard to know how to make a difference. The coffee you are now drinking helps you make one.

Every time you have an espresso coffee, about 20 grams of grounds are left over, and in most cases is thrown into the bin.

But did you know your plants love coffee as much as you do?

Used Coffee Grounds are known to *keep away* snails, slugs, ants and cats.

They assist to create a rich luscious soil that will *attract* many Earth Worms.

Coffee Grounds are relatively high in Nitrogen, an essential nutrient for plant growth.

When added to your compost, Coffee Grounds will raise those internal temperatures, which speeds up decomposition, and the end result will be beautiful, black, rich compost.

They are also great when added straight onto the garden, just dig them into the soil a little.

Congratulations, you are making a difference.