

# ground to ground



## Our Coffee Grounds are perfect for your garden.

Every day, cafés create loads of nitrogen-rich used coffee grounds. Instead of wasting this, why not bring a cloth super-market bag and ask the staff to fill it up. You can put it straight onto your garden to encourage worms and repel snails, or directly into your compost bin. It's been used this way for centuries abroad, let's do it here today!



visit [groundtoground.org](http://groundtoground.org) for more information