



After making one's coffee recycle your coffee grounds as it reduces waste that would end up in the landfill or one's garbage disposal. One may wish to keep a container near your kitchen sink for collection of ones grounds.

The following are ways one may reuse their coffee grounds:

- Recycle your coffee grounds as fertilizer as they are high in nitrogen. Besides adding nitrogen to the soil used coffee grounds also help replenish the soil by adding other nutrients such as magnesium. Coffee grounds add many of the same nutrients as commercial fertilizer. Adding coffee grounds to flower beds and plant soils helps to increase the acidity of the soil. For example, roses, gardenias, azaleas, rhododendrons, camellias, carrots, radishes, cranberries, oaks and spruces respond well to the coffee ground mulch. However, don't add coffee grounds to all flower and plant soil as it could make the soil too acidic for the plants etc.

- Used coffee grounds are a natural pest repellent too when used in ones garden or flower beds. The coffee grounds can keep bugs at bay such as slugs, ants, snails etc. For example, earthworms love coffee grounds and the gardener appreciates them as they help to aerate the soil naturally. This allows more oxygen to get to the roots of a garden item.

In our day-to-day life there are many ways to be environmentally friendly. In this tip, I will share information regarding coffee, its grounds and the respectful, just usage, and reuse of it.

As you may know, the world's most heavily traded product is coffee behind only petroleum. In these United States, coffee is the largest food import and in excess of \$4 billion dollars is paid for it. The people of the United States consume one-fifth of the world's coffee. Each day over 50% of Americans over the age of 18 drink coffee. This represents over 100 million daily coffee drinkers.

It is important in one's purchase of coffee to buy Fair Trade Certified because it guarantees that the farmers are paid a fair price for their product which assists them greatly in ending their cycle of poverty. Also environmentally sustainable practices were used in the production of Fair Trade Certified Coffee.

- Coffee grounds may be used as a scourer for stubborn grease and stains on pots and pans.
- One may freshen up one's house the eco-friendly way by placing a bowl of used coffee grounds in the refrigerator or freezer which will in turn remove unwanted odors. A fantastic natural deodorizer.
- Rubbing your hands in dry coffee grounds removes smells from one's hands when for example one was working with garlic, onions, or other pungent foods.
- Coffee grounds are a great ingredient for your compost pile. The grounds add nutrients in the soil and enhance the acidity of soil while acting as a natural fertilizer.

In purchasing items like coffee, always seek to make the "green choice" and in so doing one is environmentally friendly and demonstrates like St. Francis a respect for our sister Mother Earth.

