



Make Your Grounds Go Further

In 2011, U.S. coffee-drinkers consumed more than 2.9 billion pounds of coffee. That's a lot of grounds!

Did you know that all those used coffee grounds can help your garden flourish and your home sparkle?

- Caffeine is a natural pesticide. Sprinkle used, dry grounds as a barrier around spring bulbs to keep slugs and snails away.
- Earthworms love coffee! Adding coffee grounds to your garden soil attracts worms to aerate and enrich it.
- Used coffee grounds are high in nitrogen, calcium and magnesium. Mix dried grounds into your garden soil to replenish it for fast-growing plants like tomatoes.
- Coffee grounds release nitrogen quickly. Add them to your compost pile to speed decomposition.
- Roasted coffee beans and grounds absorb odors. Leave dried grounds in an open bowl to deodorize your refrigerator or kitchen after cooking. Or, tie them in a cloth bag or stocking and place them in your shoes to absorb odors.
- Coffee grounds make a great abrasive. Scrub stains out of surfaces using your dried, used grounds.

Don't brew your own coffee? You can still make a difference! Ask your local coffee shop if they give away their used grounds. Many shops already have them bagged up and ready to go.

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