



## 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.
- 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 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 to go.

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**Source URL:** <https://www.usbg.gov/make-your-grounds-go-further>