

## Coffee Grounds

Used Coffee Grounds are being used successfully on the Tunbridge Wells contract as a fertilizer in both solid and liquid form and were first tested on a trail bedding plant plot on the contract with good results last year. The area was fed throughout the season with coffee grounds to determine the benefits and or issues and an identical bed was just given standard care and watering. The results of this trial are shown below:-



The success of this trial has secured the use of used coffee grounds as an effective fertiliser across the country and going forward is now helping to reduce Sodexo's coffee grounds waste which was going to landfill and is corporately estimated to be about 20,000 tonnes per year

A bed at the same location where we did not use of coffee grounds



### Coffee Grounds vs. Manure

Instead of using manure, coffee grounds have become a more nutritious source of nutrients for plants. Using coffee grounds for plants and garden soil eliminates the risk of increase of pathogens entering the soil. They help kill diseases living in the seeds and roots of the plants, keeping them healthy for growth. At the same time, it is economically friendly as purchases of chemically based fertilizers are minimized. It is also environmentally friendly since you help the trash going into landfills where they are only left to rot and put to waste

### **Nitrogen, Calcium and Magnesium**

Coffee grounds are a good source of nitrogen, calcium and magnesium that are greatly beneficial for the growth of plants. These are also beneficial for compost piles. Coffee helps maintain the balance of nitrogen which is helpful in decomposition of organic materials. Nitrogen is also very valuable for the fast-growth of vegetables.

### **Worms**

Earthworms love to feed on coffee grounds. They are attracted to them. So as they feed and move into the soil, they help spread the nutrients and fertilize the plants. They also aerate the soil, inviting more oxygen for the roots.

### **Snail and Slug Killer**

The caffeine and acid present in coffee grounds were proven to be fatal on slugs and snails that infest the plants. Spreading or spraying coffee on the soil around the plants would prevent slugs and snails from attacking them.

### **Acid**

The grounds help increase the acidity of the soil which is helpful for the growth of acid loving garden plants. However, it must not be used for non-acid loving plants for it may kill them. The acid content however is water based and there is good evidence to support that this can be rinsed out or balanced by adding lime when feeding.

### **Improves the Soil**

Coffee grounds make the soil easier to dig and manage, thus it is easy to put in nutrients and also easy for the plants to absorb them.

### **Other benefits:**

- Coffee grounds are free
- They keep moisture
- They are easy to store
- They smell good compared to other natural and organic garden compost/fertilizer