

NITROGEN CONTENT AND CARBON-TO-NITROGEN RATIOS

For Composting Waste Materials

Material	Nitrogen (% of Total Weight)	Ratio of Carbon to Nitrogen (C:N)
Activated sludge	5-6	6:1
Alfalfa	2.4-3	16-20:1
Blood	10 – 14	3:1
Bone meal		3.5:1
Bread	2.10	
Buttercup	2.2	23:1
Cabbage	3.6	12:1
Carrot, whole	1.6	27:1
Clover, red	1.8	27:1
Cocksfoot	2.55	19:1
Cottonseed meal		5:1
Fern	1.15	43:1
Fish scrap	6.5 – 10	5.1:1
Garbage, green	3	18:1
Garbage, raw	2.15	25:1
Kentucky bluegrass	2.4	19:1
Lawn clippings, young	4	12:1
Lettuce	3.7	
Manure, farmyard (avg.)	2.15	14:1
Manure, chicken	3.2	7:1

Material	Nitrogen (% of Total Weight)	Ratio of Carbon to Nitrogen (C:N)
Manure, cow	1.7	18:1
Manure, horse	2.3	25:1
Manure, human	5.5 – 6.5	6-10: 1
Manure, pig	3.75	
Manure, poultry	6.3	15:1
Manure, sheep	3.75	
Manure, steer	1.35	25.3:1
Meat scraps	5.1	
Milorganite(TM)		5.4:1
Mustard	1.5	26:1
Newspaper	.05	812:1
Oat straw	1.05	48:1
Onion	2.65	15:1
Peanut hull meal		11:1
Pepper	2.6	15:1
Pigweed (Amaranthus sp.)	3.6	11:1
Potato tops	1.5	25:1
Purslane	4.5	8:1
Ragwort	2.15	21:1
Sawdust, raw	. 11	511:1
Sawdust, rotted	.25	208:1
Seaweed	1.9	19:1

Material	Nitrogen (% of Total Weight)	Ratio of Carbon to Nitrogen (C:N)
Sewage, fresh		11:1
Slaughterhouse wastes	7-10	2:1
Soybean meal		5:1
Timothy grass	.85	58:1
Tobacco	3	13:1
Tomato	3.3	12:1
Turnip tops	2.3	19:1
Turnip, whole	1	44:1
Urine	15-18	.8:1
Vegetables, non-legume	2.54	11-19: 1
Wheat flour	1.7	
Wheat straw	.3	128:1
Wood, white fir	.06	767:1

Sources:

Robert Kourik, *Designing and Maintaining Your Edible Landscape Naturally*, Metamorphic Press, 1986, ISBN 0-9615848-0-7.

J. I. Rodale and staff, *Complete Book of Composting*, Rodale Books, 1960.