



FEED THE SOIL THAT FEEDS US

Recycling organics is a simple act of love for our Earth and one another.

Choosing to recycle organics instead of throwing them in the garbage means less greenhouse gas going into the atmosphere.

And using compost returns Life to our soils.

Living, healthy soils then do their part: providing nutrient-dense food, stronger ecosystems and a more resilient future for all.

The Three Sisters – corn, beans and squash – are a foundational, symbiotic agricultural system of many First Nations communities. When planted together, not only do their harvests provide a complete, nutritious diet but they are symbolic of how our own actions, choices and community are part of a larger, stronger whole. Each plant supports and depends on the others: corn offers a strong stalk for beans to climb, beans return nitrogen to the soil, giving a helping hand to other plants, and squash spreads out to cover the soil, helping hold moisture and protect the soil's living ecosystem.

It's all about the Circle of Life.

For the sustainability and health of our communities, today and for generations to come.

And it can all start with one simple act ...

COMPOST!

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