




























































































 AVERAGE COMPOSTING TIME IN WEEKS		
FOOD	SIZE FOR GREEN CYCLER	SPEED WITHOUT SHREDDING	SPEED SHREDDED	WORM FRIENDLY
Apple Core	Put in as is			
Apple Whole	Cut into fourths			
Avocado	Put in as is			
Banana	Cut in Half			
Banana Peel	Put in as is			
Berries	Put in as is			
Broccoli/ Cauliflower	3 X 3" pieces			
Cabbage	3 X 3" pieces			
Carrots	Cut in Half			
Citrus Fruits (Peel)	Put in as is			
Citrus Fruits (Whole)	Cut into fourths			
Cucumbers	Cut into fourths			
Egg Shells	Put in as is			
Garlic	Put in as is			
Ginger	3 X 3" pieces			
Jalapenos	Put in as is			
Kiwi	Put in as is			
Leeks	Cut in Half			
Mango	Cut into fourths			
Mushrooms	Put in as is			
Onions	Cut into fourths			
Paper Towels (Wet)	Put in as is			
Peaches/ Nectarines	Remove Pit			
Pickles	Put in as is			
Pineapple Cores	3 X 3" pieces			
Pineapple Top	3 X 3" pieces			
Potatoes	Cut in Half			
Radishes	Put in as is			
Scallions	Put in as is			
Spinach	Put in as is			
Squash	Cut into fourths			
Zucchini	Cut into fourths	