

Weekly Newsletter  
from Agresource Inc.  
for turning waste into  
opportunity

## Don't Forget

Despite these benefits, moderation is key. Applying too many coffee grounds directly to soil can lead to compaction or create a dense layer that restricts water and air movement. It's best to mix them into the soil or compost rather than applying them in thick layers. As with any soil amendment, balance is essential to achieving the best results.

[www.agresourceinc.com](http://www.agresourceinc.com)

[info@agresourceinc.com](mailto:info@agresourceinc.com)



*"The environment is where we all meet; where we all have a mutual interest; it is the one thing all of us share."* — Lady Bird Johnson

## Brewing Better Soil: Benefits of Using Coffee Grounds in Gardening

For many households and businesses, used coffee grounds are a daily waste product—but in the garden, they can be a valuable resource. Rich in organic matter and nutrients, coffee grounds offer several benefits that support soil health, plant growth, and sustainable gardening practices.

One of the primary advantages of coffee grounds is their nutrient content. While often thought of as highly acidic, used coffee grounds are actually close to neutral pH. They contain small amounts of essential nutrients like nitrogen, potassium, and phosphorus, along with micronutrients such as magnesium and copper. Nitrogen plays a key role in leaf and stem development, making coffee grounds a useful supplement for leafy plants when applied properly.

Coffee grounds also contribute to improved soil structure. When incorporated into garden beds or compost, they help increase organic matter, which enhances soil aeration and water retention. This is especially beneficial for sandy soils that drain too quickly or compacted soils that struggle to hold moisture.

Over time, the addition of organic material like coffee grounds supports healthier root systems and more resilient plants.

Another important benefit is their role in composting. Coffee grounds are considered a “green” material due to their nitrogen content, making them an excellent balance to “brown” materials like dry leaves or cardboard. Adding coffee grounds to compost piles can help accelerate microbial activity, which in turn speeds up decomposition and produces a more nutrient-rich finished compost.

Gardeners also value coffee grounds for their potential to deter certain pests. While not a guaranteed solution, some evidence suggests that grounds may help discourage slugs and snails when used as a barrier around plants. Additionally, their texture can make the soil surface less appealing to some insects.

Using coffee grounds in gardening is a simple, cost-effective way to recycle organic waste while improving soil health. Whether added to compost or worked directly into garden beds, they offer a practical solution for gardeners looking to enhance plant growth and sustainability, one cup at a time.

