

Book Review by Frankie Kennett



"It's my mission with this book – and in life – to show you that composting need not be smelly or time consuming or somebody else's problem. It's relevant and important and utterly achievable wherever you live."

I have read a lot of composting books in fact I own plenty; some would argue too many. Nevertheless, I shamelessly dropped hints about wanting to get my hands on a copy of **The Compost Coach** towards the end of last year and was delighted, if not overly surprised to receive this wonderful book from my lovely daughter on Christmas morning!

The author **Kate Flood** aka **Compostable Kate** is pretty active on social media, and I have been following her for a few years now on Instagram. Her enthusiasm for composting is unrivalled, even by my

own, and she regularly posts tips and reels about her composting ventures with wit, unsurmountable positivity and always a smile.

All of this comes across in her first book, *The Compost Coach* (published August 2023), which is overflowing with information on everything compost, all the while making it evident that composting is something that is accessible for everyone in every situation. *The Compost Coach* has become my new composting bible. It has the science to back up everything up, but Compostable Kate manages to explain this all in a way that is comprehensible and in just enough detail to grasp your attention and keep you reading on.

Kate is based in New South Wales, Australia, but save for a few mentions of snakes, spiders and bush fires, the book is entirely relevant to composting in any climate and even gives tips on winter composting, something that is sadly lacking from most of the other composting books I have read, written by authors living in colder climes – it really is that comprehensive! It is also beautifully illustrated and laid out and an all-round joy to behold. From the composting novice to the seasoned composter and everyone in between, I challenge anyone to flick through this book and not be enticed by something within its pages. I give it 5 stars ★★★★★ Fabulous!