

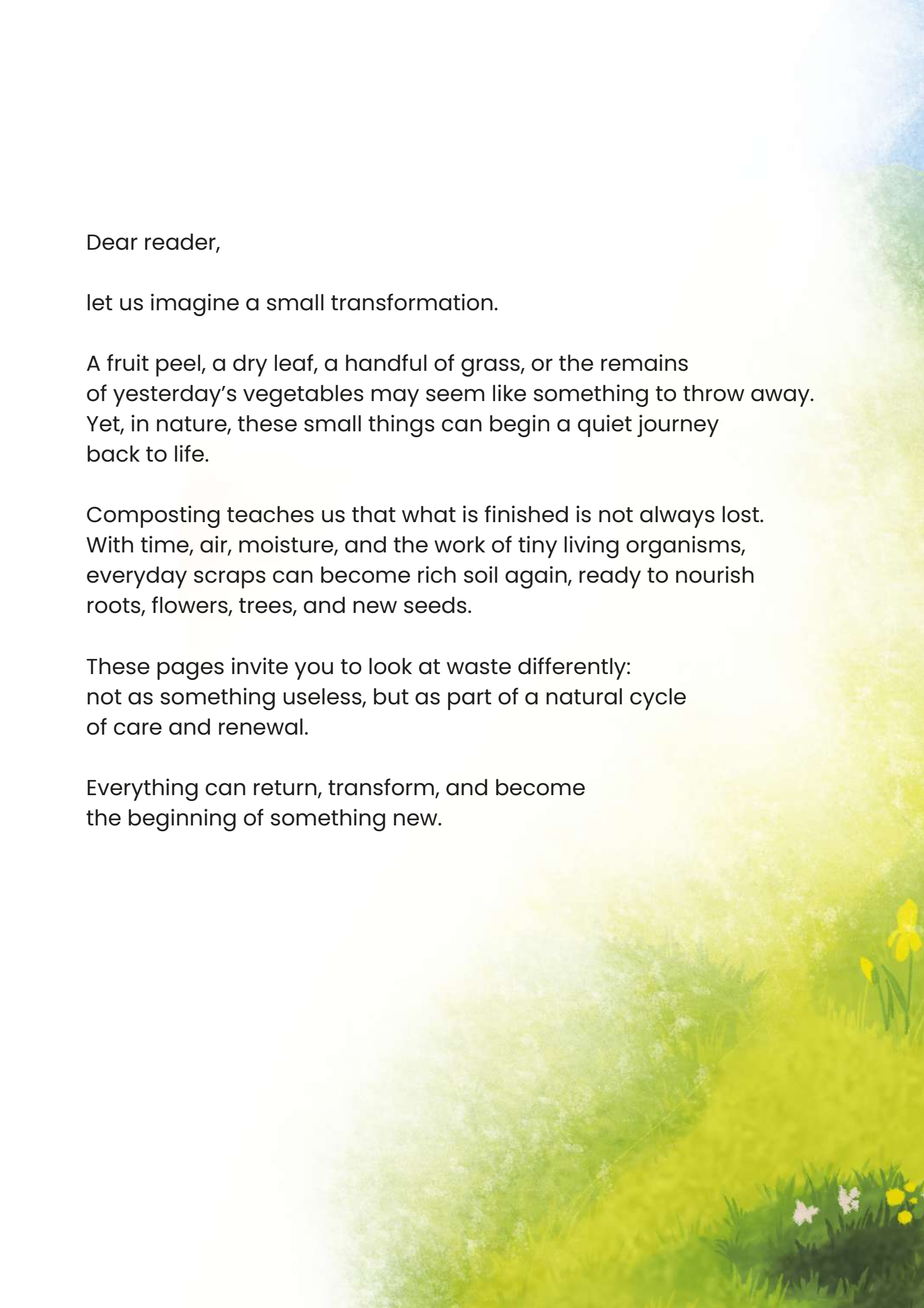
THE NATURE SISTERS

Turn waste into life

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Dear reader,

let us imagine a small transformation.

A fruit peel, a dry leaf, a handful of grass, or the remains of yesterday's vegetables may seem like something to throw away. Yet, in nature, these small things can begin a quiet journey back to life.

Composting teaches us that what is finished is not always lost. With time, air, moisture, and the work of tiny living organisms, everyday scraps can become rich soil again, ready to nourish roots, flowers, trees, and new seeds.

These pages invite you to look at waste differently: not as something useless, but as part of a natural cycle of care and renewal.

Everything can return, transform, and become the beginning of something new.

Turn waste into life

The afternoon sun shines softly over the farmhouse garden while Gaia carries a small basket filled with vegetable peels.

Gea walks barefoot beside her through the grass, with Arturo happily following behind. Just a few steps away from the back of the kitchen, Mum is arranging dry leaves beside a compost bin.

"Mum," Gaia asks curiously, "why do we keep all these scraps instead of throwing them away?"

Mum smiles gently as she lifts the lid of the compost bin. "Because in nature," she says softly, "very little is truly waste."

Gea peeks inside and wrinkles her nose slightly. "It looks like a pile of old leaves and food."

Mum laughs quietly. "That's exactly how compost begins."

She kneels beside the bin and gently moves aside the top layer with a small garden fork.

"Composting is nature's way of transforming," she explains. "Fruit peels, vegetable scraps, dry leaves, grass, and small branches slowly break down and become rich soil that helps new plants grow."

Gaia watches carefully. "So the garden feeds itself?"

"In a way, yes," Mum replies warmly. "Nature turns old life into new life."

Gea crouches beside Arturo and notices tiny insects moving through the compost. "There are creatures living there!"

"Yes, darling. Many tiny helpers," Mum explains.

"Bacteria, fungi, worms, and microorganisms all work together to break down the organic materials."

Gaia gently touches the side of the compost bin. "It feels warm!"

"That warmth comes from all the living organisms working inside," Mum says. "A healthy compost pile is full of life."

"So even vegetable peels can become something important again?" Gaia tilts her head thoughtfully.

Mum nods. "Exactly. Compost helps feed the soil, nourish plants, and reduce waste. Instead of ending up in landfill, these scraps return to the Earth."

Gaia begins placing the vegetable peels into the compost bin. "And what do we need to make good compost?"

Mum picks up two different handfuls of material from nearby baskets. "We need greens and browns," raising the first handful.

"Green materials are fruit scraps, vegetable peels, fresh grass, tea leaves, and coffee grounds. They help feed the compost."

Then she lifts the second handful.

"Brown materials are dry leaves, straw, paper, small twigs, and cardboard. They help keep air inside the compost."

"So they work together too... just like the plants in the synergistic garden!" Gaia bursts out.

Mum smiles proudly.

"That's right. Nature is full of cooperation."

A gentle breeze moves through the garden while bees hum quietly among the flowers.

"And what happens if there's too much green material?" Gaia asks.

"The compost can become too wet and smelly," Mum explains. "But too many brown materials can slow everything down. Compost needs balance, just like many things in nature."

Mum stops for a moment, observing Gaia, pen and notebook already in her hands.

"A simple rule for beginners," she continues, "is to add roughly two handfuls of brown material for every one handful of green material. Lastly, the compost needs air and water too. It has to be not too dry and not too wet."

Gea leans on and observes the dark soil forming near the bottom of the compost pile. "So all of this will eventually become healthy soil for the garden."

Mum nods gently. "Exactly. And composting is really easy after all. We also keep the compost bin nearby, so we can quickly bring food scraps outside every day without effort."

Gaia nods thoughtfully. "So even small habits become easier."

"Precisely. And composting helps us remember something very important." Mum says softly. "In nature, nothing is wasted. Everything transforms into new life."

Spring

Book 1 – The synergistic garden

Book 2 – Honey and officinal herbs

Book 3 – The fruits of our work

Book 4 – The colours of the farm

Book 5 – An idea is born

