

# Welcome to 'The Grounds of Round Table Coffee'

Since we opened in 2014 every single lovely  
cup of coffee poured has made a little cupped  
hand of coffee ground.

We have taken these home each week and worked them  
through our compost bins and have recycled them into our  
gardens with excellent results.

The time has come when we have simply run out of garden to  
accommodate the coffee grounds. We can't see why it should  
be thrown out when there are much better uses for it.

You can now collect for free to use for yourself  
'The Grounds of Round Table Coffee' as you like. This brochure has  
a list of suggested ways you can use them. Where a link is  
referenced simply head to [www.roundtablecoffee.com.au](http://www.roundtablecoffee.com.au) and  
follow the link from the PDF version of this brochure.

If you are happy with your results after using  
'The Grounds of Round Table Coffee' upload a photo to;

[facebook.com/RoundTableCoffee](https://www.facebook.com/RoundTableCoffee)

#rtcgrounds

or

[instagram.com/round\\_table\\_coffee](https://www.instagram.com/round_table_coffee)

@round\_table\_coffee

#round\_table\_coffee

#rtcgrounds

To collect 'The Grounds of Round Table Coffee' by the kg

Call (07) 3261 2354

Email [coffee@roundtablecoffee.com.au](mailto:coffee@roundtablecoffee.com.au)

Drop by the shop

Collection on Saturday between 9am – 12noon



**COFFEE & TEA  
SANDWICHES  
WRAPS  
COLD DRINKS  
CAKES & SLICES  
and MORE...**



3/67 Gawain Rd Bracken Ridge Qld 4017 • Ph: 3261 2354  
[www.roundtablecoffee.com.au](http://www.roundtablecoffee.com.au)



The  
Grounds  
of  
Round  
Table  
Coffee

# Around the house things

## Deodorize Your Fridge [A]

Place a bowl of dry grounds in your refrigerator or freezer to neutralize odours left by stale or spoiled food. This works a treat, particularly effective on meats and dairy.

## Clean Tools and Dishware [A]

Place a few teaspoons of grounds on a thin cleaning rag and use to scour away grease and grime then finish with a thorough rinsing. Same principle as a soap on your hands, the abrasive quality of the grounds gives you the edge here.

## Repel Insects [A]

Mound grounds into a ring to create a protective border around plants that will ward off ants and slugs. Can work well around younger saplings or cuttings but check the acidic levels regularly as not taint soil. Too much grounds may scare away some favourable worms.

## Fortify Plants [A]

Give seedlings a nitrogen boost by stirring grounds into soil or a watering can. Ensure you test the soil levels though, too much nitrogen in soils is not great for fruiting or flowering.

## Compost It for Later [B]

If you don't have a use for coffee ground fertilizer right away, go ahead and throw it on the compost heap. Coffee grounds make excellent 'green' matter as they are rich in nitrogen. Also, beneficial worms may be attracted to your compost with the addition of old coffee. Just be sure to limit the amount of grounds that you add to your pile so that you don't throw off the ratio of 'green' to 'brown' matter.

## Fertilize Your Garden [B]

Mix your old grounds with dead grass clippings, brown leaves, or dry straw to neutralize some of the acidity, the spread them around your plants. Used coffee grounds add nitrogen and potassium to the soil as well as a boost of magnesium which all plants need to stay healthy. Just remember that this fertilizer lacks phosphorus and calcium so it isn't ideal for encouraging blooms and fruiting. You'll need to add lime or wood ash to the mix if you want to create a complete fertilizer using old coffee grounds.

## Grow Your Own Mushrooms [C]

You can grow the funniest fungi around with some coffee grounds and mushroom spores, learn how here <http://tinyurl.com/cg3hrgc>

## Keep Cats Out [C]

Tired of your neighbour's cats traipsing through your flowers? Just sprinkle some coffee grounds and orange peel where you don't want them to walk.

## Make a Flea Bath [C]

Add some coffee grounds to your dog's shampoo to create a natural flea repellent.

# FUN Things

## Give Paper an Antique Look [A]

Dip paper or sheets of stationery in a soupy mix of grounds and water; allow them to sit a minute or two, then let dry and brush off the grounds. Along with the old fashioned burnt edges on a hand drawn map this tip will give you a good looking treasure map.

## Homemade Candles [B]

For this fun up-cycling project you will need a small paper coffee cup, a paper towel, about a cup of wax candle ends, a wick, scissors, a small sauce pan for melting the wax, a small glass mixing bowl, and of course some used coffee grounds. Learn how here. <http://tinyurl.com/o9u7tah>

## Freshen Your Flower Vases [C]

Using a coffee-soil mix for your flower vase not only looks cool and lengthens your cut flowers' life, it also acts as an air freshener in the room.

## Build a Better Pin Cushion [C]

Filling your pin cushion with coffee grounds will prevent your pins from rusting. Plus, it's like a sachet of good smells every time you use it. Make sure to dry them thoroughly first by spreading them on a cookie sheet and placing them in the freezer for an hour or two.

## Make Wood Look Weathered [C]

This technique makes new wood look antique, learn how here <http://tinyurl.com/okox998>

## Make Your Own Fossils [C]

Don't wait millions of years for your seashells to fossilize. Make your own instant fossils with coffee grounds and flour, learn how here <http://tinyurl.com/q7x8975>

## Paint a Picture [C]

Coffee grounds and a little water make an excellent nontoxic paint.

# useful Things

## Make Garbage Disposal Cleaners [C]

Make these little cleaners that help your garbage disposal stay sharp and smelling fresh, learn how here <http://tinyurl.com/pkxh57k>

## Unclog Your Drain [C]

Pour used coffee grounds down the sink or bathtub drain, followed by 3 drops of dish soap and a pot of boiling water. This will clean and clear the drain of clogs and built up grease.

## Hide Furniture Scratches [A]

Dip a cotton swab into steeped grounds and dab on scratches in dark wood furniture to minimize them, just test in an inconspicuous area first. This works well on floors boards as well.

# body things

## Scrub Hands [A]

Rub a scoop of grounds between palms as an exfoliator to remove dead skin and help eliminate smells from foods like fish and garlic. Made into a soap form can make this even easier (follow the steps later in this if interested in soap).

## Caffeinated Soap [B]

Did you know that you can actually absorb caffeine through your skin? You can and the multitude of caffeinated soaps available around the internet are testament to how well it works. For an all-natural alternative, why not turn your old coffee grounds into homemade soap so you can get one more good caffeine kick in the morning before work? Learn how here <http://tinyurl.com/nbjjms4>

## Coffee for Your Hair [B]

If you use a lot of hair styling products, or if you've recently switched to a natural shampoo and conditioner, your hair is probably weighted down by residue. Remove that build-up using old coffee grounds to give your hair a lift and restore its natural healthy shine. Before you shampoo, simply grab a handful of used grounds and massage them into your hair. The coarse texture is enough to break apart the product residue, but it's also gentle enough that it won't damage your lock.

## Rejuvenating Facial [B]

Just as it works as a body scrub, coffee makes an excellent facial. Mix two tablespoons of used coffee grounds with an equal amount of organic cocoa powder. Add three tablespoons of whole milk or heavy cream and top it off with a heaping tablespoon of honey for the perfect all-natural alpha-hydroxy and antioxidant facial.

## Exfoliate Skin [B]

Coffee grounds make an excellent exfoliating body scrub. Just add used grounds to a bit of warm water or your favorite all-natural oil (coconut oil works great!) Then scrub your skin from head to foot to remove all of those icky dead skin cells.



We have compiled these tips from these sources. Follow the links to see;

[A] [www.thisoldhouse.com](http://www.thisoldhouse.com) <http://tinyurl.com/oto27pf>

[B] [www.naturallivingideas.com](http://www.naturallivingideas.com) <http://tinyurl.com/o2oanc7>

[C] [www.buzzfeed.com](http://www.buzzfeed.com) <http://tinyurl.com/onaxv6x>