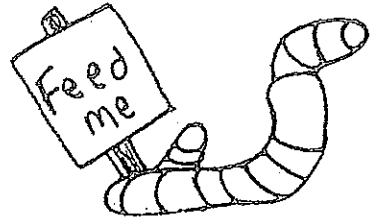
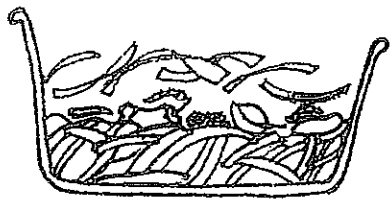


# WORM COMPOSTING



1. Put your worms, newspaper, and food scraps into the bin. Cover with 1" of newspaper, a closeable lid is necessary!

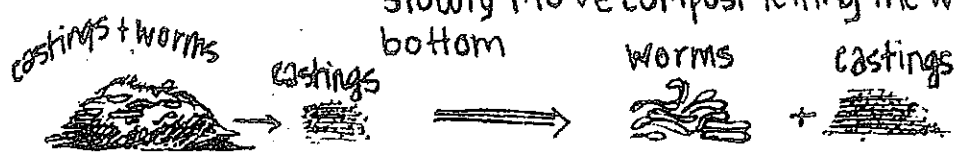


2. feed your worms every day, lift up the looser paper and set scraps towards the middle then cover it up!

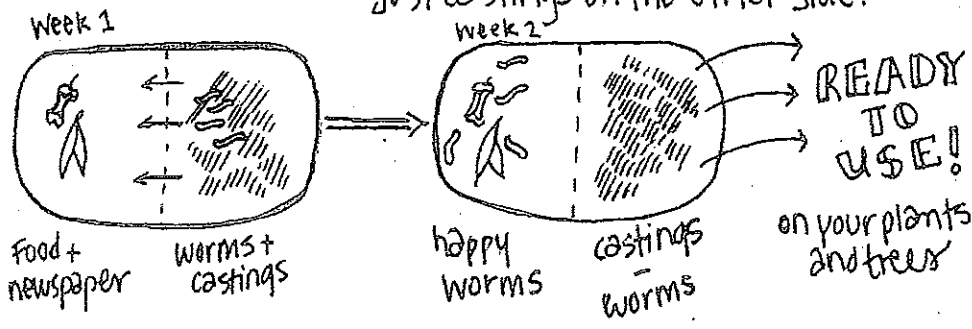
3. Check on them! if it seems too wet => add newspaper, dry leaves  
if it seems too dry => feed them more fruit scraps

## 4. HARVEST THE CASTINGS

a) hands-on => put composted material + worms on a well-lit surface. slowly move compost letting the worms move to the bottom



b) hands-off => a week before you plan to harvest only feed one side of the bin. the worms will follow the food leaving just castings on the other side.



Remember  
they are alive, so keep them at a reasonable temperature

## Caring For Your Worms

### Maintaining Your Worm Bin

Red worms can eat their own weight in food each day, so add food scraps according to how many worms you have. (Avoid citrus and onions – these are more acidic than worms tend to like.) The smaller the food scraps, the faster the worms will digest them, so try breaking up large items like banana peels before adding them to the bin.

To avoid fruit flies and odors, always bury food under the bedding. Always keep a 4" to 6" layer of fresh bedding over the worms and food in your bin. Add fresh bedding every 1-3 weeks. Don't dump and run!

Keep bedding as moist as a wrung-out sponge, adding water when necessary. Add dry bedding to absorb excess moisture. Remember that sunlight harms worms, so keep the lid on!

### Harvesting and Using Worm Compost

Harvest worm compost at least once each year to keep your worms healthy. You can start harvesting 4-6 months after you set up your bin. Simply reach in and scoop out the brown crumbly compost, worms and all. You can also move the contents of your bin to one side, place fresh bedding and a handful of soil in the empty space and bury food there for a month or two. Harvest the other side after the worms have migrated to the new food and bedding.

Using worm compost will help your plants thrive by adding nutrients and humus to the soil. Sprinkle a 1/4" to 1" layer at the base of indoor or outdoor plants, or blend no more than 20% worm compost into potting mix or garden soil.

Do Compost	Don't Compost
Vegetable scraps	Meat, fish or poultry
Fruit rinds & peelings	Bones
Bread, grains & pasta	Dairy products
Tea bags (metal staple removed)	Greasy or oily foods
Crushed eggshells	Dog and cat waste
Coffee grounds and filters	Non-organic materials (i.e. plastic, metal, glass)
Paper napkins (unless greasy)	