

Composting with Worms



Vermicomposting, composting with worms, uses live worms to break down food scraps. The worms eat the scraps and excrete them as worm castings, creating a very nutrient-rich, living soil. Mother Earth has been using vermicomposting for eons!

To build your worm bin, you will need:

- One, 8- to 10-gallon clean plastic bin (not see through)
- Newspapers, 50 pages (no colored print) for bedding
- 2 to 4 cups of potting soil
- 1 lb. red wiggler worms
- Drill and bits, 1/4 " and 1/16"
- Fruit and vegetable scraps

Drill 20 to 30 1/4" holes on the bottom of the bin for drainage and migration. Drill 30 to 40, 1/6" holes one-inch apart along the top edge of the bin and another 30, 1/6" holes on the lid for ventilation.



Fill your bin!

- Add water to newspaper strips until they feel like a damp sponge.
- Fill 3/4 of the bin with the wet newspaper strips, making sure bedding is fluffy.
- Sprinkle potting soil in bin.
- Add the worms!



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Feed your worms

They'll thrive on your food scraps, paper, leaves and grass clippings.

YES	NO
Fruits	Excess citrus
Vegetables	Meat or fish
Ground egg shells	Oils or oily scraps
Cereal	Dairy
Bread and grains	Feces
Coffee grounds and filters	Fats
Paper	
Leaves (except oak)	
Grass	

- Cut or break food scraps into small pieces.
- Bury food scraps under bedding.
- Feed your worms approximately three times their weight per week. For example, if you start with one pound of worms, add three pounds of food each week.

A few more tips!

Place a full sheet of damp cardboard on top of the bedding to maintain moisture balance and prevent odors and fruit flies. Put the plastic cover on the bin and place it away from windows and heaters. The bin's temperature should be between 55 and 77 degrees Fahrenheit—never below freezing or above 84 degrees.

Sources: <http://whatcom.wsu.edu/ag/compost/Redwormsedit.htm>
<http://lancaster.unl.edu/pest/resources/vermicompost107.shtml>
http://www.cdi.gob.mx/index.php?option=com_content&task=view&id=699

Contact us for information on other resources!

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