

Vermicomposting - Building a worm bin

Materials:

Paper (or other carbon source) for bedding

Soil

Worms (red wigglers, red worms, DO NOT USE night crawlers)

Waste (veggie/fruit peels, kitchen scraps)

Container (plastic box, Styrofoam cooler)

- Drill/punch air holes in container
- Shred paper and moisten with water, squeeze out excess water
- Line container with layer of moist bedding (cover bottom, about 2-3 inches deep)
- Add a cup or so of garden soil (for grit)
- Add a handful or two of worms (they will migrate to bottom)
- Bury waste in bedding (rotate burial spots)
- Cover container

To harvest: Scoop contents of box into piles. Let worms migrate to bottom (they don't like light), harvest compost from top of pile, repeat until most compost is separated from worms.

Avoid: Colored newspaper/slick paper

Onions (and other items that would irritate your eyes)

Citrus fruit

Animal products (meat, cheese, etc.)

Additional info: www.wormwoman.com



Disabilities accommodated with prior notification.