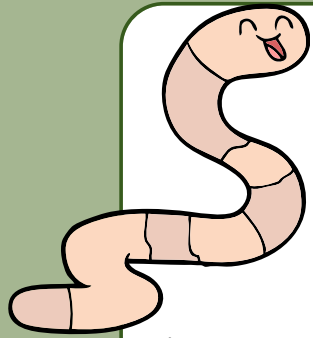


All About Vermicomposting

Vermicompost is the product of the decomposition process using worms, to create a mixture of decomposing vegetable or food waste, bedding materials, and vermicast.



Buy and Prepare the Bin

Drill holes in the sides of the Rubbermaid storage bin, bottom, and top (too few or too many holes can be a bad thing, so keep the total number around 20) for air circulation and drainage. Buy a bin that is opaque and not clear – the worms need for it to be dark inside.

Find a Spot for the Compost Bin

Placement of the compost bin is important. Keep the bin in a shady spot. You don't want the worms to get too hot or have too much light.

Shred Paper for Bedding

Shred newspaper into thin strips to make bedding for the worms. Avoid glossy paper, such as ads. Newspaper and the paper inside of phone books are safe for composting worms because the inks used are safe. Cardboard, such as toilet paper tubes, and egg cartons are also suitable for worm bedding. Spray the paper so that it is moist, but not soaking wet. Paper should feel like a damp sponge.



Add Food and Wait

Add a little bit of food scraps, clean soil and sand and wait about two weeks. The food grows a good crop of microbes that the worms will eat.

Feed the Bin

You will be "feeding the bin." Good food to put in the bin includes fruits and vegetables, coffee grounds, tea bags & crushed eggshells. Food to avoid: citrus, starches (bread, rice, etc.), spicy peppers, onions, oily food and sugary food.

NEVER add meat or dairy, or any kind of human or pet waste. Don't add too much food. Watch the bin and see what foods break down and what foods don't. Foods like lettuce break down right away, while banana peels may take a little bit longer time to decompose. When you feed the bin, add new shredded newspaper or spray with water, if needed.

