



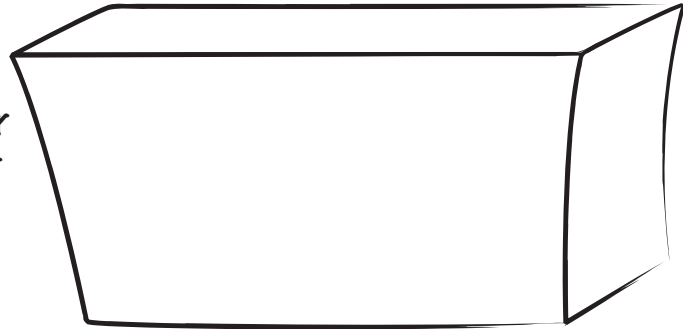
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# Worm Composter

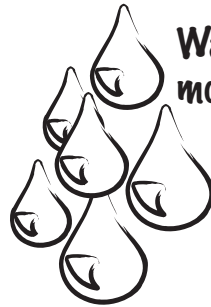
Use worms to turn kitchen scraps into compost.

## Here's what you need:

Plastic box or similar container  
(about 2x2 feet for 2 people or  
2x3 for four people, 8 to 12  
inches deep)

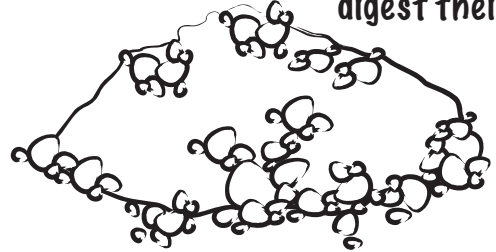


Shredded paper or cardboard for  
bedding

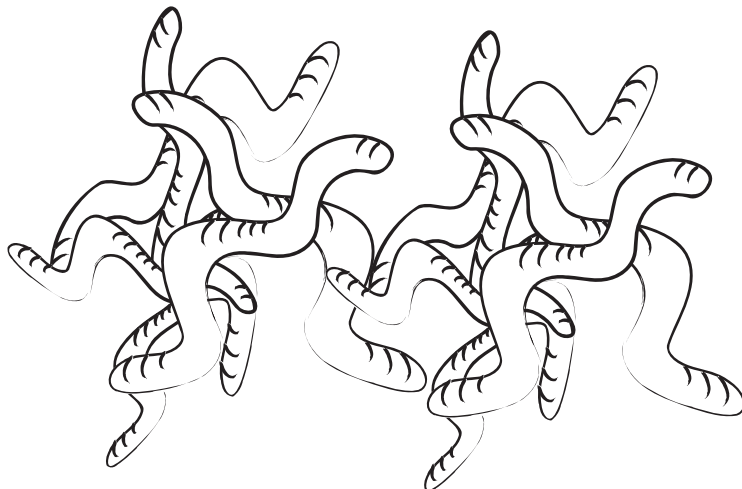


Water - just enough to  
moisten the paper.

Soil - a handful or two to provide  
just enough grit to help the worms  
digest their food.



Enough redworms to process your kitchen scraps.  
One pound of red worms can process about a half  
pound of kitchen scraps per day.



Kitchen scraps (lettuce leaves, broccoli  
stems, coffee grounds, egg shells)





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## Here's how to do it:

- \* Drill holes in the bottom of the container.
- \* Fill with moistened bedding. Add peat moss or leaf mold to increase water retention.
- \* Mix in a couple of handfuls of soil the worms need for grit. Occasionally add a pulverized egg shell for calcium and grit.
- \* Place red worms in bedding.
- \* Bury kitchen scraps, coffee grounds and filters with the bedding in one corner of the box and cover the box loosely with black plastic.
- \* Place the next installment of kitchen scraps next to the first. Continue this pattern placing the raw materials in an unused portion of the bedding.
- \* Moisten as needed to keep bedding moist but not soggy.
- \* Add fresh bedding every four months or when you have more worm castings than bedding.

## To harvest your compost:

- \* Dump the compost out of bin onto plastic sheet
- \* Create several cones of worm castings.
- \* Shine a light on the cones for 5 to 10 minutes to drive worms down into the piles
- \* Harvest the outer layer of castings and repeat until only the worms remain

Then start the process again by reassembling a fresh new worm bin. Use extra worms (these well-fed worms have been multiplying) for fishing, or share with friends who want to start their own worm farm.

Use worm casting as a slow release organic fertilizer for your container gardens. You will be amazed at the impact such little critters can have on your garden.