



HOW TO VERMICOMPOST

ACTIVITY



BACKGROUND: Vermicomposting is the process of using certain varieties of worms, such as red wigglers, to compost organic materials. Worms consume the materials and produce "castings" (worm droppings) in the form of dark, nutrient-rich soil. This is a great way to speed up the process of regular composting.

MATERIALS NEEDED:

- Container (*plastic or hand-made*) with aeration holes at the top
- Approximately 1lb of red wigglers
- Bedding (*such as damp shredded newspaper, straw or sawdust*)

INSTRUCTIONS:

CONSTRUCTION AND STORAGE

1. Fill container with bedding (6-8 inches deep), keeping it loose and airy.
2. Place the worms on top of the bedding, letting them work their way in.
3. Store indoors or outdoors between 5-10°C, avoiding extreme weather and temperatures.
4. Ensure the vermicompost is in a well-ventilated, dark space.
5. Always keep the bedding moist.

FEEDING

1. Worms can eat half their weight in food each day. 1lb of red wigglers = ½lb of food waste per day. Feeding them 2-3 days per week is fine.
2. Pull the bedding aside and dump the waste, covering back up once the waste is discarded.
3. Rotate locations each time you feed the worms and avoid over-feeding.

HARVESTING

1. Every 2-3 months move the composted mass to one side, adding new food and bedding to the other side. After a few days, worms will be relocated to the new material.
2. Extract the castings from the composted side and use the harvested material in your garden.

FEEDING THE VERMICOMPOST:

✓ ALWAYS USE:

- Vegetable and fruit peels
- Tea bags
- Household clippings
- Crushed egg shells

▲ USE IN MODERATION:

- Plain pasta or rice
- Bread
- Coffee grinds
- Onions

● NEVER USE:

- Dairy
- Fats and meats
- Oil and oily foods
- Peanut butter