**VERMICOMPOSTING: Do-It-Yourself**

**THE RIGHT WORMS**

Don't just dig up night crawlers from your yard! Red Wiggler worms are voracious eaters, reproduce rapidly, and do well in captivity. Buy them at bait and tackle shops or [wormladies.com](http://wormladies.com). 0.5 lb of worms will eat 1-2 lb food/week.

**BUILD OR BUY AN INDOOR BIN**

Search online for “worm bins,” purchase one locally from wormladies.com, or build one using TWO plastic storage bins.

<table>
<thead>
<tr>
<th>BIN SIZE</th>
<th>CAN HANDLE</th>
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<tr>
<td>4 gallon</td>
<td>1-2 lbs food/week</td>
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<tr>
<td>18 gallon</td>
<td>3-7 lbs food/week</td>
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<tr>
<td>36 gallon</td>
<td>8-11 lbs food/week</td>
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Drill 1/4” holes on the top and bottom edges of bin #1 and all across its bottom. (This will be your inside bin.) Lay down four casters, such as the bottom half of plastic cups, in bin #2. Nest the inside bin in the outside bin, so the holes on the top edge stick out.

**WHAT GOES IN MY INDOOR BIN?**

- **Bedding:** Paper towels and napkins, dryer lint, shredded cardboard and paper—coconut coir is also great!
- **Greens:** Vegetable and fruit peels, cores, rinds, scraps, spoiled vegetables and fruit, eggshells, and small amounts of coffee grounds and tea bags.
- **Do NOT compost:** Meats, fish, poultry, bones, dairy products, egg whites, egg yolks, fats, oil, grease or citrus.

**ADDING WORMS TO OUTDOOR BINS**

If you’re composting food scraps outdoors in a large bin, you can add 3-5 lbs of worms. In the winter, worms burrow under the ground but come up to feed, and you’ll see them in spring. See “Harvesting Castings” to the right.

**USING YOUR INDOOR BIN**

- Lay down bedding in the bottom of both bins.
- Don’t overfeed. Be patient when starting a new bin.
- Chop up larger food scraps into smaller pieces.
- Store scraps in the freezer to prevent fruit flies.
- Thaw scraps. Place scraps in bin and cover with bedding.

**HARVESTING CASTINGS**

Get them to move: Stop feeding until they’ve eaten almost everything. Push contents to one side and feed in a new spot. In a week or so they’ll move. Remove castings from worm-free area.

**USING CASTINGS**

- **Seed germination:** 1:4 ratio of castings to soil
- **Conditioning:** 1:10 ratio of castings to soil
- **Fertilizer:** 1 Tbsp can feed an 8-10” plant for two months
- **Liquid fertilizer:** Mix 1 cup castings per 1 gallon of water

NEED MORE?

Castings are available for purchase online, or locally from [wormladies.com](http://wormladies.com).