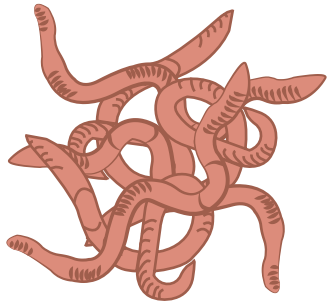


# VERMICOMPOSTING: Do-It-Yourself



## 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). ½ lb of worms will eat 1-2 lb food/week.

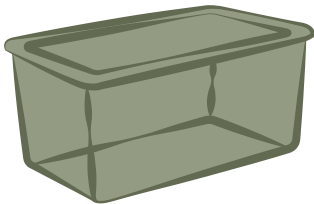
## ADDING WORMS TO OUTDOOR BINS

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](#).



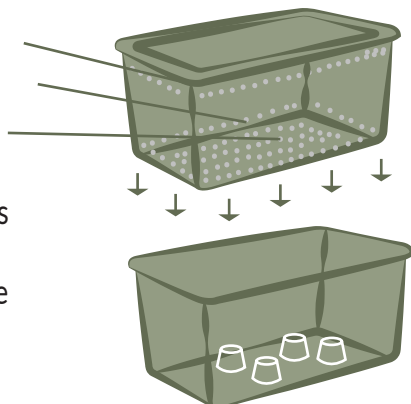
## BUILD OR BUY AN INDOOR BIN

Search online for "worm bins," purchase one locally from [wormladies.com](http://wormladies.com), or build one using TWO plastic storage bins.



BIN SIZE	CAN HANDLE
4 gallon	1-2 lbs food /week
18 gallon	3-7 lbs food/week
36 gallon	8-11 lbs food/week

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?

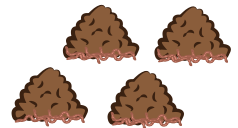
- **Bedding:** Paper towels and napkins, dryer lint, shredded cardboard and paper--coconut coir is also great!
- **Greens:** Vegetable and fruit peels, cores, rinds, scraps, spoiled vegetables and fruit, eggshells, and small amounts of coffee grounds and tea bags.
- ✗ **Do NOT compost:** Meats, fish,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

## USING YOUR INDOOR BIN

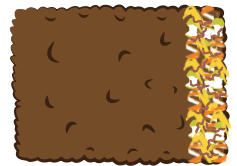
- Lay down bedding in the bottom of both bins.
- Don't overfeed. Be patient when starting a new bin.
- Chop up larger food scraps into smaller pieces.
- Store scraps in the freezer to prevent fruit flies.
- Thaw scraps. Place scraps in bin and cover with bedding.
- Too dry? Add water. Too wet? Add bedding.

## HARVESTING CASTINGS

**Tarp method:** Dump out on a tarp. Make little pyramids. Worms will move down to avoid light. Scrape castings off top.



**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).