



# VERMICOMPOST 101

## THE BASICS

The nutrient (or decomposition) cycle happens naturally in undisturbed outdoor spaces. Kitchen composting is an attempt to harness this process in a smaller, controlled environment. In a garden, we remove the organic material when we harvest. In order to replenish the nutrients you need compost. So the benefits of composting is two-fold: eliminate organic waste AND create nutrients for your plants.

Compost is created through a combination of Oxygen, Water, Carbon, and Nitrogen. Decomposers like bacteria, fungi, and worms make compost.

## WHY VERMICOMPOSTING

A worm bin with 1,000 worms can eat 180-360 lbs of organic waste per year. This produces around 40 lbs of compost in one year

## SUPPLIES NEEDED:

10-15 gallon shallow tub (NOT clear, has lid, at least 6" deep), Drill, Worms, Bedding, Coconut coir and/or, Newspaper

## BUILDING A BIN:

**STEP 1:** Get worms. We recommend 1,000+ worms for the size bin we are making. Buy them online or get some from a friend with a bin – worms reproduce very quickly!

**STEP 2:** Get a shallow 10-15 gallon bin (NOT clear) and a lid. Should be at least 6" deep.

**STEP 3:** Drill holes in the sides of the tub to allow for air flow.

**STEP 4:** Soak the coconut coir in water for a couple hours. (It will expand quite a bit, so make sure you use a large container!)

**STEP 5:** Create a "bed" for your worms by layering the coconut coir and newspaper strips. Wring out the coconut coir and create a 1" layer in your bin. Shred the newspaper into 1" strips and soak in water, layer the newspaper on top of the coconut coir. Repeat the layering, until the bedding is 6" deep.

**STEP 6:** Create a 1" ditch, put in your worms, cover them back up. Leave off the lid and don't feed for a few days, **keeping the light on.** (Worms don't like the light and this will help them burrow and get oriented to their new home).

**STEP 7:** In 3-4 days, start feeding your worms. We recommend feeding in corners and burying the scraps, rather than just dumping them on top. This is beneficial for the bacteria and worms in your bin.

# WORM BIN MENU

*Chop up chunks of food and shred items for easier digestion.*

## PERFECT WORM FOOD

Fruit and vegetable scraps  
Coffee grounds and filters  
Tea leaves and tea bags  
Shredded paper/ paper towels  
Flowers and stems  
Leaves (brown and green)  
Eggshells



## FEED IN MODERATION

BREAD  
PASTA  
RICE  
POTATOES



## OFF LIMITS

CITRUS  
MEAT AND BONES  
DAIRY  
FOOD WITH PRESERVATIVES  
OILS / SALT

