

## Worm Compost Bin (Vermicomposting)

Worm composters, or vermiculture composters, use the power of red wiggler worms to convert your food waste into nutrient-rich fertilizer. While there are often worms in continuous-use composters, worm composters have a higher concentration, specifically designed to munch on your food scraps. Worm bins may be tiered to ensure you always have somewhere to add material, or they may be continuous flow like stationary composters.

### What to feed your worm bin: (generally a 3 to 1 ratio of brown to green)

#### Greens (Nitrogen - Provides Moisture & Nutrients):

- Fruit and vegetable scraps/peels -chop into small pieces and remove labels for best results
- Leafy greens
- Coffee grounds, paper filters, tea bags (plastic, staples, labels removed)

#### Browns (Carbon - Provides Air & Structure):

- Dry leaves
- Shredded cardboard and paper (no wax/gloss)
- Dry grass clippings and hay/straw
- Corrugated cardboard pieces
- Coconut Coir

#### Other:

- Crushed eggshells (adds calcium)

### What NOT to add to your worm bin (worms do not like spicy or acidic foods)

- Onions
- Hot Peppers
- Garlic
- Citrus
- Meat, fish, poultry, and bones
- Dairy products, oils, and grease
- Stickers, staples, labels, twist ties

### Best Practices

- **Moisture:** Maintain a moisture level similar to a damp sponge.
- **Do not overfeed:** In an ideal environment, red wigglers can eat up to half their body weight per day
- **Cover all food scraps:** use brown (carbon) material
- **Find a friend who will share their worms with you to start your bin**