

EASY INDOOR WORM BIN

HOW TO MAINTAIN

1. Keep your 10 gallon bin filled 2/3 of the way with shredded newspaper. The newspaper acts as bedding to provide a space for the worms to live, to absorb moisture from the food waste, and to use for covering scraps to help prevent odor.
2. Moisten the newspaper bedding to the consistency of a wrung-out sponge.
3. Add your worms. Worms will be provided in the bin to start. Worms eat half their weight in scraps each day and will multiply overtime, needing more food as they do.
4. Store your worm bin in a cozy spot with consistent temperature between 55 and 80 degrees. The pre-drilled holes will allow them to breathe. Anywhere inside should be fine, under the sink is an easy and convenient spot.
5. Feed your worms. Large chunks of food waste should be chopped into smaller pieces. You can either feed your worms daily or once a week. If you freeze your scraps during the week, be sure to let the scraps thaw and squeeze out any extra moisture before adding them to your worm bin.
Push some newspaper to the side, add your scraps to a different spot each time, and then cover them with the bedding.
6. Observe your bin. If the conditions of your worm bin are healthy, it should smell earthy like soil, food scraps and bedding should disappear over time, and it should be slightly damp, like a wrung out sponge, but not soggy.
7. Harvest your compost. After three to six months, you should have finished compost which should resemble dark, crumbly soil. This can be used in your potted plants and garden beds!



VERMICOMPOSTING

Vermicomposting is a decomposition process using worms to convert food scraps into nutrient rich soil.

Red wigglers are best for households, they can eat half their body weight in food scraps A DAY and essentially do all the work for you to help reduce food waste in your home.

WHAT TO FEED YOUR WORMS

Worms enjoy fruit and vegetable scraps (chopped into smaller pieces), eggshells (crushed), coffee grounds, paper tea bags (remove staples), and dried flowers or plant leaves.

WHAT TO AVOID

Avoid meat, bones, dairy products, garlic, onion, food scraps cooked in oil, and large amounts of citrus pulp or peel.



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