

WORM BIN: WHAT TO DO WHEN YOU GET HOME!

1. Take your worm bin starter kit home - make sure it stays moist! (Think moist sponge)
2. When home, look for a container. It doesn't have to be too big, a medium size tub is best with a lid (8-12" deep). Clear containers are too light for the worms – they like a dark environment – like dirt! You can cover the clear container with dark paper. Poke small holes in the bottom for ventilation and drainage. You can always make a bigger bin later as you worm family grows!
3. Shred corrugated brown boxes or newspaper (no glossy ads - even worms don't like these!) and moisten to fill your container half full. Strips should be no bigger than 2" wide.
4. Put in 1-2 cups of soil. The worms like this for grit.
5. Feed with vegetable and fruit scraps and cover the food with the shredded newspaper. (This keeps other critters from finding it.)
6. Watch to see how long it takes the worms to finish this food before feeding them more.
7. Cover your worms with a piece of cardboard the same size as the tub. This too helps keep other critters out and moisture in (Worms like a moist environment – like a rung out sponge.)
8. If you have a lid for your tub, it is OK to put it on. There is usually plenty of air in the soil for the worms.

Worm Wisdom:

- ☞ Worms don't grow back when cut in half (not a proper way of doubling your worm family!) They can only regenerate small sections on either end.
- ☞ Red wigglers are not a soil dwelling worm (unlike the white worms you will find in the garden) because they require large amounts of organic material to live - that's where you come in!
- ☞ Your wigglers have no eyes, however their skin is extremely sensitive to light. They also breathe through their skin (no lungs) which is why they need the moist soil.
- ☞ Worm cocoons are lemon-shaped and about the size of a matchhead.
- ☞ Each wiggler eats from 50-100% of it's own body weight each day.
- ☞ It takes about 2 lbs of red wigglers to process of 1 lb of material a day.
- ☞ Worm castings are 5-11% richer in N-P-K than the material they consume - otherwise, worm poop makes great soil for your plants! Veggies love it!



Worm TLC:

- ☞ Red wigglers can tolerate wide temperature ranges, but the most rapid feeding and conversion of organic material is between 55-77° Place in shade or on patio, garage, kitchen or laundry room.
- ☞ Your wigglers may take a little while to adjust to their new home, so don't add a lot of kitchen scraps right away.
- ☞ They don't like dairy, meat or any animal products (except ground-up egg shell - shells help the wigglers digest their food! They love'em!). They will eat bread, coffee grounds and filters, tea bags, paper towels, napkins, yard trimmings (no pesticides or chemicals!)



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