



COMPOSTING WITH WORMS

WORMERY CONTAINER

Wooden containers should be kept outside and are better than plastic because the wood is more absorbent and better for the worms. It should be kept in a sheltered place so that it doesn't get too hot in the summer.

If you want your wormery to be kept indoors, then use a plastic container. Keep it away from heaters so it doesn't get too dry.

BEDDING

The worms need bedding to live in and bury the food waste in so it is important to fill your containers about $\frac{3}{4}$ full. There are two types of materials that you can use.

Browns (*Dry and hard absorbing materials*)

Shredded newspaper
 Dry grass or hay
 Shredded dead leaves
 Sawdust or shavings
 Twigs
 Chopped up straw
 Scrunched up cereal boxes and egg boxes
 Toilet roll centres
 Envelopes



Greens (*Wet and soft materials*)

Fruit and vegetable peelings
 Grass clippings
 Green Weeds
 Leafy hedge clippings
 Fresh plants
 Seaweed
 Fresh manure
 Compost
 Sand or soil



WORMS

The most common type of worms to use are known as Redworms. You will find these in aged manure and compost heaps, or you could buy them.

Worms like to eat:

Vegetable scraps
 Fruit peel and cores
 Egg shells
 Tea bags
 Coffee grounds
 Shredded paper & card



FOOD



Do not feed the worms:

Meat and cooked foods
 Dairy produce
 Whole Fruits
 Fats and oily foods
 (these will cause bad smells and attract flies and vermin)

The worms will eventually get round to eating the bedding that you put down for them!

REMEMBER

DO

- Allow your worms an adequate air supply so they can breathe;
- Ensure their living conditions are moist, but not too wet;
- Keep them in the dark at a fairly constant temperature;
- Feed your worms small amounts regularly (the smaller the scraps, the quicker the composting progress will work).

DON'T

- Don't disturb the worms too often—they don't like that!