

Starting your worm bin ~

- ✓ **Select a container with drainage and holes above the dirt line for cross ventilation ~**
- ✓ **Fill the bottom two inches with hand shredded newspaper ~**
- ✓ **Fill the next four inches with garden soil and a handful of sand**
- ✓ **Soak container and let drain ~**
- ✓ **Add worms (red wigglers) ~**
- ✓ **Cover with a bit of soil ~**

Keep your worm bin at 65% moisture
Avoid extreme temperatures

Feeding your worms (start with every other week) ~

- ✓ **Worms have no teeth ~ feed them soft, small bits of food ~**
 - **Veggies (limit garlic and onions)**
 - **Fruit (no citrus)**
 - **Grains/cooked beans**
 - **Coffee/Tea (tea bags and paper filters too!)**
 - **Crushed eggshells**
 - **Napkins/paper towels**
- ✓ **Keep other critters out ~**
 - **No meat/feces or cat liter**
 - **No greasy foods**
 - **No dairy products**

Feed the worms in a clockwise pattern around the bin. The worms will move to eat the next batch of food when they are ready. As they move away from the finished vermicompost

you can use it on your plants (great for new starts) or put it in a muslin bag for “worm tea fertilizer”.

The vermicompost (still composting) and vermicastings (all worm poop) is very powerful; you don't need a lot.