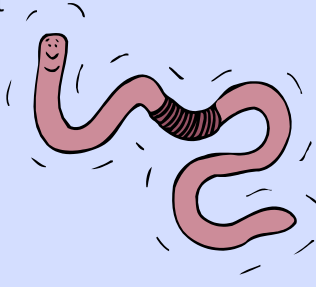


Vermicomposting

Using worms to turn organic waste into fertilizer

Why Vermicompost?

- Keeps valuable resources out of the landfill.
- Creates a great nitrogen rich fertilizer.
- Allows for active compost all year round.
- Once you've set up your bin, it's free waste management for as long as you'd like!



What can I do with the finished compost?

Vermicompost (worm castings) will provide nutrients to your plants and will help the soil hold moisture. It can be used in a number of different ways:

- Sprinkle into a seed row when planting.
- When transplanting, add a handful of castings to the hole you have dug for the plant.
- Use as a top dressing, sprinkling the castings around the base of your plants.
- Mix with potting soil (half and half) for house plants.

Q: What type of worms are used for vermicomposting?

A: The most common worm used for vermicomposting is red wigglers (*Eisenia fetida*).

Q: How much organic material do earthworms eat daily?

A: Earthworms can eat up to their own body weight daily!

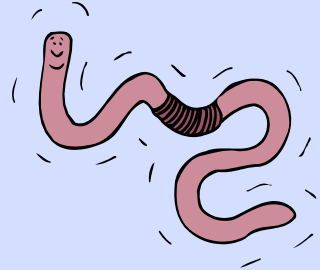
The average household vermicomposter starts with 1lb of worms (~800-1000 worms) that means you can compost 1lb/day of household organic matter!

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Make your own vermicomposter!

1. Choose a bin

Wood or plastic, 1sq ft. of surface area for every 1lb of food waste per week (6lbs of food waste requires a bin 2'x3') that is shallower than it is deep (8 - 12" deep).

Drill ~20 air/drainage holes in both the lid and bottom of the bin.

Raise the bin on blocks with something underneath to catch any liquid that may drip out (old car mats or newspaper works great!).

2. Add soil

A handful of regular garden soil as grit to help the worms break down their food and to introduce soil bacteria.

3. Add dry, crushed, eggshells

They help stop the bin from becoming too acidic; continue adding dry, crushed egg shells weekly to keep your composter balanced (1tbsp/week).

4. Add bedding

Shredded cardboard, newspaper, dry leaves. Fill until your bin is ¾ full. Moisten with water until it feels similar to a wrung out sponge.

5. Add your worms

Place your worms on top of the bedding, they will quickly make their way away from the light and into the bedding.

6. Feed your worms

Have some food scraps ready to feed your worms immediately. Feed them once a week by lifting some of the bedding, and burying the food scraps, each time choose a different location.



Yes	No
Fruit and vegetables	Dairy/meat/bones
Egg shells	Butter/oils/grease
Coffee grounds & filters/tea bags	Citrus fruit (orange, lemon etc)
Cooked pasta & rice (no sauce)	Spicy leftovers

For more information and troubleshooting go to www.ecosuperior.org or call us 807-624-2140

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