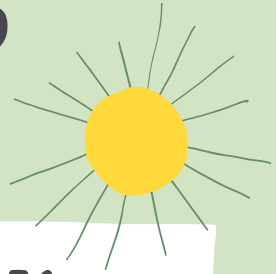


VERMICOMPOST 101

A STEP-BY-STEP LOOK AT HOW TO COMPOST WITH WORMS!



PREP YOUR WORKSPACE & GATHER SUPPLIES

Making a worm bin can be messy (and fun!) so make sure you're in a space that you won't mind getting a little dirty! A garage or backyard is a great space to work. Gathering all your supplies beforehand will help streamline the process.

CONTAINER OR BIN

You purchase a pre-made worm bin, build your own bin out of wood and hardware cloth or use a simple shallow, plastic bin with a few modifications. Plastic bins are low-cost and widely available just make sure you drill extra holes for air flow and drainage. The size of your bin will vary based on how much worm food you generate but providing 2x2 sq. feet of surface area is a good starting point.

WORMS

The most common type of worms used for vermicomposting are Red Wigglers. These worms are shallow burrowers making them perfect for your worm bin. You will need around 1 lb. of worms per sq. foot of bin space OR food waste. Be sure to keep your worms in a cool (60-80° F) dark space until you're ready to make your bin.

BEDDING MATERIAL

Your worms will need something to live in so be sure to give them plenty of bedding. You can use a mix of shredded paper or cardboard, coconut coir, leaves, or even finished compost. Have a spray bottle or bowl of water handy to moisten the bedding as you make your bin

FOOD

You can feed your worms a variety of kitchen scraps but make sure to keep acidic items, like citrus, dairy, oils and meat out of your bin. Worms can eat about half their weight in scraps each day.



Oklahoma Compost and
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SETTING UP YOUR BIN

Your worms are just like you and like to be in a shaded cool place (60-80° F). Your garage, a shaded part of your yard, or indoors during winter are ideal storage spaces for your worm bin.

LAYER THE BEDDING

If you're using a variety of bedding types layer them in your bin to a depth of around 8 inches. Make sure the bedding is slightly moist.

Pro tip: Squeeze your bedding material gently in your fist, it should stay balled up once you open your hand. If water drips out when you squeeze there's too much moisture!

ADD YOUR WORMS

When you're adding your worms don't worry about spreading them throughout the bin, once they're acclimated they'll explore on their own.

Pro tip: Keeping your bin under a bright light for a few days will encourage your worms to dig into the bedding (and not out into your kitchen!).

FEED YOUR WORMS

Wait a few days before feeding to allow your worms to settle into their new home. When feeding, you can bury food in a shallow hole (just a couple inches) in one corner or side of the bin. This makes it easier for you to check their progress and know when to feed again and make it easier to harvest their castings.

HARVEST THE CASTINGS

When you're ready to harvest your worm castings, start feeding on one side of your bin. This will attract the worms to one side allowing you to harvest the castings from the completed side.

HAVE QUESTIONS?

Check out our video for more information!

