

WHAT NOT TO FEED YOUR WORMS

Some items should not be placed in your compost, including:



⊗ Meat or bones



⊗ Glossy paper



⊗ Oils or grease



⊗ Dairy



⊗ Pet waste



⊗ Produce stickers



⊗ Compostable bags, cups, containers or bioplastic



⊗ Plants treated with pesticides

HOW TO USE YOUR CASTINGS

Once complete, your worm compost is a great addition to vegetable or flower gardens, houseplant potting soil, flower boxes and container gardens. You can also spread it under trees and shrubs or rake into your grass for a natural nutrient boost.

Worm castings are higher in nutrients than backyard compost!

VERMICOMPOSTING TIPS AND TRICKS

Choosing the Right Worms

You can't use everyday earth worms for vermicomposting. Red Wigglers are one of the most popular choices for their efficiency!

Maintaining a Proper Brown to Green Ratio

Regularly include browns and greens in your compost to keep it well balanced. Don't forget to bury food scraps underneath bedding to avoid unpleasant smells or fruit flies.

Avoiding Unpleasant Smells

Overfeeding can often lead to unpleasant smells as the worms cannot consume all the food scraps before they rot. This can also occur if there are too many acidic foods or if the bedding is too moist.

Avoiding Fruit Flies

Adding extra bedding on top, freezing food scraps for 24 hours, cutting them up into smaller pieces before adding them and not adding plant material from outside will help limit this problem and avoid unwanted pests.

Using Worm Leachate

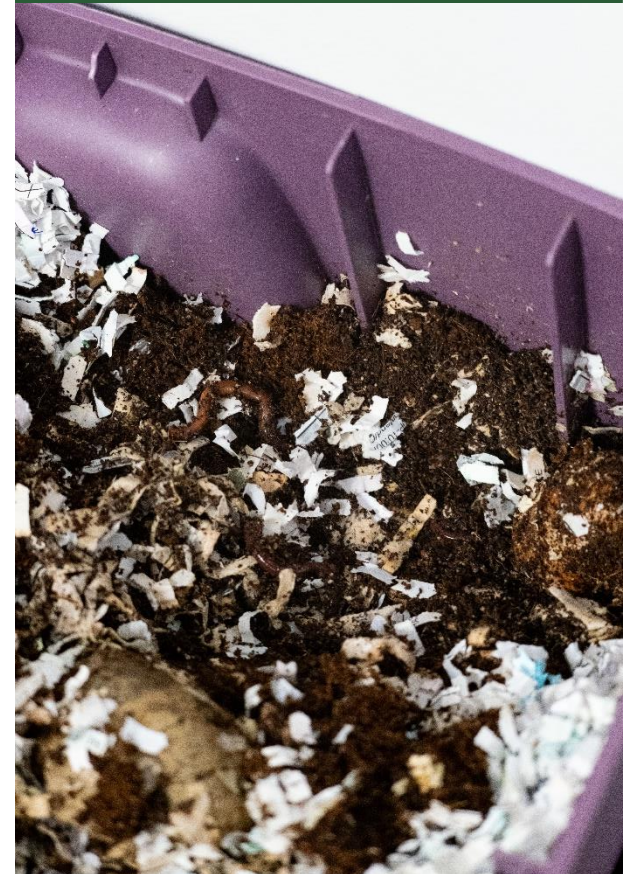
Liquid collected in the bottom of your bin can be diluted with water and used to water your house plants.

GET STARTED WITH

WORM

COMPOSTING

Nature's way of recycling plant-available nutrients



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WHAT TO INCLUDE IN YOUR WORM COMPOST

Carbon-rich Material (Browns)

- Dry leaves
- Shredded paper
- Shredded cardboard
- Dead plants
- Shredded brown bags
- Wood chips/shavings
- Straw

Nitrogen-rich Material (Greens)

- Fruit and vegetable peelings
- Plant or flower clippings
- Tea bags
- Vegetables and fruit
- Dried and crushed eggshells
- Coffee grounds

Your compost also needs oxygen and water!



HOW TO GET STARTED

1. Choose Your Space

Choose an indoor space that is convenient for your bin. Worms cannot survive outside in cold, Canadian weather and should be kept at a temperature of 15-25 degrees Celsius to work optimally.

2. Prepare Your Materials

Collect dry leaves or twigs outside, shredded paper or other “brown” materials for bedding. These will provide a habitat and valuable nutrients for your worms.

3. Fill Your Bin

Fill your empty composting bin with bedding. Use a variety of brown materials. Include two handfuls of sand or soil.

4. Add Water

Add water until the bedding is as wet as a wrung-out sponge. Make sure the bin is still half full and then separate the bedding to allow air to flow through and room for the worms to move.

5. Add Worms

Distribute the red worms evenly across the bedding and wait 24 hours before adding any greens.

6. Add Food Scraps

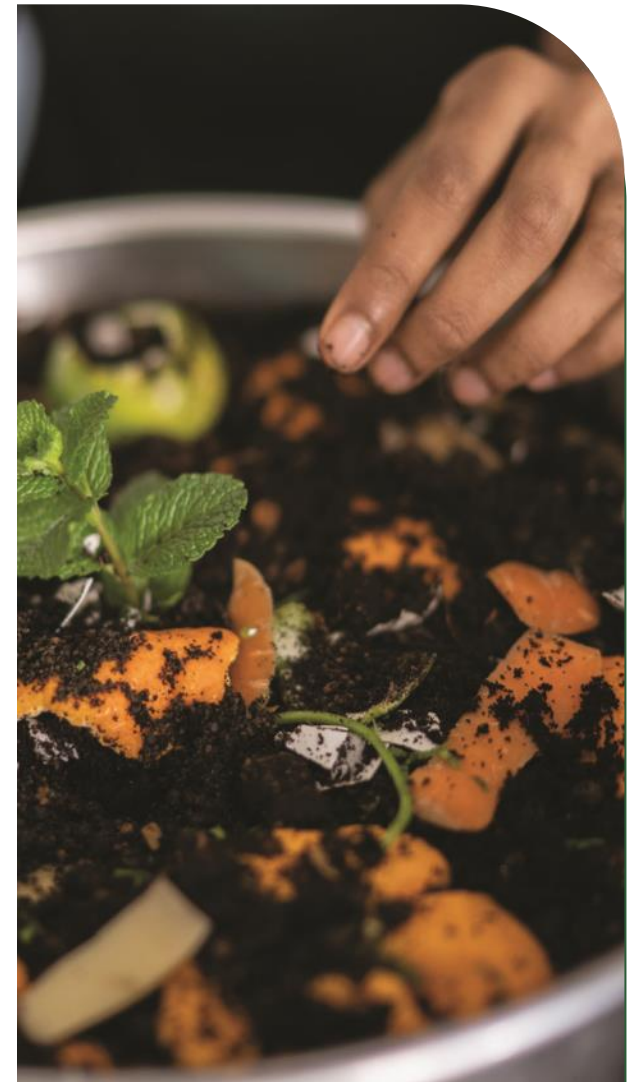
Distribute food scraps throughout the bedding and be sure to bury them underneath the surface. Feed your worms every couple of days and bury food in new locations to encourage worm movement.

7. Switch Trays

After 3-4 months, the bottom tray will begin to fill up. When the bottom tray is completely full and dirt is touching the top, add new bedding to the upper tray. Add food scraps only to the upper tray so worms will travel upwards towards the food.

8. Harvest Your Compost

After a week, check the lower tray. If all the worms have moved out of the bottom tray, your compost is ready to harvest. The upper tray will become the new lower tray and the cycle can continue.



To learn more about
Worm Composting visit:

[Fredericton.ca/compost](https://fredericton.ca/compost)

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