

A Feast Fit for a Worm

Here is a list of common kitchen scrapes that can be added to your bin:

Fruit and vegetable peels and parts

Coffee grounds and tea leaves

Plate scrapes*

Crushed Eggshells

Spoiled Food

*While plate scraps like left over veggies, spaghetti and mashed potatoes and gravy are okay, you should **not** add meat or bones to your bin.



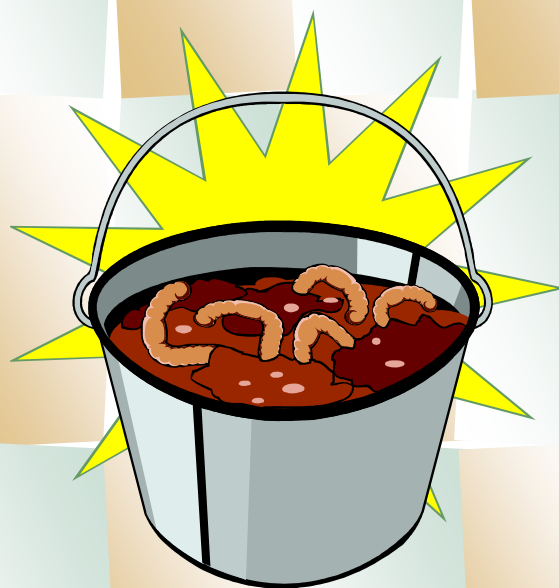
Harvesting the Soil

After a few months have passed it is time to harvest the worms work. Shift the old bedding to one side of your bin. Add new bedding with food scraps to the cleared side. Once the worms have moved to the fresh bedding you can use the old as nutrient rich soil for your garden and house plants.



Thank you for visiting My Shed at My House. Stop back each month for new green gardening tips and activities!

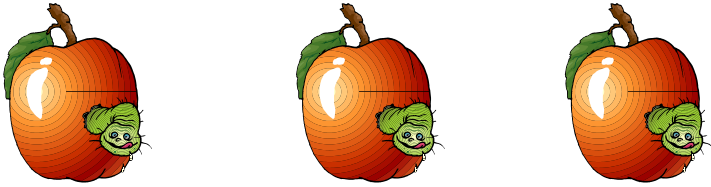
Make an Indoor Compost Bin



Using worms to turn your kitchen scrapes into nutrient rich soil.

Composting with Worms???

Believe it or not, worms make great house pets! The practice of using worms to compost your kitchen scrapes into soil is known as **vermicomposting**.

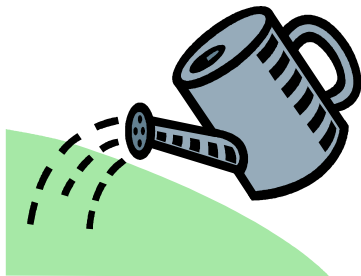


Building a Worm Bin

Choose a large plastic tub no deeper than 18" with a secure lid. You will need a tub with a lot of surface area to allow for good air circulation.

Clean your new bin with detergent and rinse thoroughly. Drill 14-20 1/4" drainage holes through the bottom of your bin.

Prop the bin up on bricks or wooden blocks and place a tray below large enough to catch any liquid that may drain out. Place your worm bin in a location that stays between 55-77 degrees F.



Hint: Though you probably won't get much liquid drainage from your bin, what liquid you do get is great to water your plants with.

The Bedding

Add a mixture of the following items to the bottom of your worm bin for bedding.

1. Shredded newsprint and computer paper (Not glossy or colored)
2. Shredded Cardboard
3. Peat Moss (1/3-1/2 of bedding)
4. Sterilized soil or sand (add a few handfuls to new bedding)
5. Crushed eggshells (sprinkle a small amount in bin)

Will Any Old Worms Work?

No. Red worms, also known as red wigglers, are the best type of worm for vermicomposting. They reproduce quickly and can compost large amounts of kitchen scrapes. You will want about 2 pounds of worms for every pound of food scrapes added to your bin daily. If you have no idea how much kitchen waste you produce, try using one pound of worms for a 2x2' bin or two pounds for a 2x3' bin.

How do Worms Turn Food into Soil Anyway?

It's simple really. Like all animals, worms need to eat. When you eat you digest and when that is over you, well, poop. The castings (or worm poop) that falls to the bottom of the bin mixes with the bedding materials and creates a healthy soil for your plants.