



# Worm Bin

Here are a few simple steps to create your fun vermicomposting bin:

1 - Prepare the bedding. Our red worms love moist newspaper bedding. These newspaper strips provide food for the worms along with the food scraps you will be adding over time.

- Additionally you should add a few handfuls of soil into your bin. This will add grit to aid in the worm's digestive process.

2- Add the worms. Just dump these hungry wigglers into your bin. They will naturally settle to the bottom as they don't like the light.

3- Slowly add food scraps. Bury food scraps under the bedding. You can feed them fruit and vegetable scraps that would normally be thrown away. However there should be NO MEAT, OILS OR DAIRY PRODUCTS.

- It helps to cut the food into small pieces - the smaller, the better.

4- Place a layer of dry newspaper on top of the bedding. This will help maintain moisture, keep any possible odors in the bin, and help prevent fruit flies from making a home in the bin. Replace this sheet if fruit flies are present, or if bin gets too wet.

5- Cover and choose a spot for the bin. A basement, closet or under the sink are usually good spots. Mix up the contents a couple of times each week to make sure the worms get plenty of air!

## **The Result:**

Beautiful rich worm castings for your garden! Please visit our site, [thegreenworm.org](http://thegreenworm.org), for additional info on maintaining your bin and harvesting the castings.