

VERMICOMPOSTING GUIDE



Worm's are nature's recyclers!

Vermicomposting, or composting with worms, has many benefits to your garden and our environment! Worms turn food scraps that would otherwise end up in the landfill causing harmful greenhouse gas emissions, into a beautifully rich soil amendment that will enrich your garden.

Making your worm bed.

- Gather shredded paper and coconut fiber (coir) to make the bedding for your worms
- Slightly moisten bedding material
- Add about 8 inches of bedding material to bin and spread evenly
- Place worms on top of bedding, worms will work down into bedding

Feeding your worms.

- Dig a small hole in bedding and add vegetable and fruit scraps (smaller pieces are easier for worms to eat)
- Cover hole with bedding
- Do not add: meats, fish, dairy products or excessive citrus
- Do add: egg shells, coffee grounds and grains along with your fruit and veggie scraps
- Each time you add food waste, cover your worm bed with a blanket of sheets of paper or cardboard

Keeping your worms happy.

- Keep compost bin in a cool area out of the sun
- Keep compost bedding moist but not wet (food waste may take care of that)

Once your worms have done their job (every 3-6 months)

- Move compost and worms to one side of the bin
- Add new bedding to the empty side, start adding waste here
- Within one (1) month worms will move to the new side
- Remove old compost for garden and add new bedding to empty space
- Repeat by alternating sides

For more information on vermicomposting and all Green Oceanside programs visit greenoceanside.org

