

Vermicomposting

Building Your Worm Habitat



Making your own worm bin

Materials

- 1 35-40L plastic storage containers (ie. Rubbermaid bin 61 x 41 x 22cm. 37.9L)
- 1/4 - 1/2 inch drill bit and drill
- 2 cups of soil
- 20-30 pages of Newspaper
- 1-2lbs of Red Wiggler Worms (~1600-2400 worms/lb)
- 1L of compostable food waste
- Lid of yoghurt container as marking tool
- Water to moisten newspapers

1. Prepare your plastic container (the bin) with air ventilation holes

Using the drill and bit, drill 10 holes in the top 3" of the two longest sides of your bins, as well as 10 holes in the lid. *WHY: Worms need oxygen to live too! If bins are stacked, ensure that holes are also along the top 3" sides of the bin.*

2. Shred the newspaper into thin strips

Newspaper has a grain, making it easiest to rip the newspaper length-wise. Add ripped/shredded newspaper into bin. *WHY: The newspaper provides "bedding" for the worm bin which assists in air flow and a good quantity of "brown material" (which contains a large amount of carbon) provides a balanced diet.*

3. Moisten bedding

Add water to your bin to moisten the newspaper to the dampness of a wrung-out sponge. Pour off excess water and add dry bedding as needed. You should have 3-4 inches of dry bedding in the bin. *WHY: The worm bin needs to stay moist. Newspaper has soy-ink (vegetable-based) which does not contain toxins. Newspaper also decomposes quickly.*



Always cover your food scraps with newspaper bedding. This acts to balance with a carbon source and keeps fruit flies away. This is very important!

4. Add soil and blend with newspaper.

Blend the soil/ paper combination (with your hands) until thoroughly mixed. *WHY: The soil adds grit and help the worm's digestion.*

5. Add worms

Add your worms to one corner of your worm bin and cover with bedding.

6. Add worm food

Dig a hole beside the worms, place 1 Litre of food waste and cover with bedding. Use the top of your yoghurt container as your marker, so that you know where you have fed the worms. Check the Feeding Your Worms section to find out how you can best feed your worms. You will feed into a different section each week, in a clockwise motion. Then, move your yoghurt container on top of that section.