



AN EASY AND EFFECTIVE WAY TO RECYCLE
YOUR FOOD SCRAPS

WORM FARMING

WHY WORM FARM?

- On average, 50% of waste in the red bin is food and kitchen waste
- Worm farming transforms food scraps into high quality compost
- Adds nutrients and improves the soil structure
- Reduces food waste going to landfill
- Reduces the production of greenhouse gases in landfill

Setting up a worm farm

- You can purchase a ready made worm farm or make your own
- worms need to be purchased. This can be done on-line or from local hardware stores, just check how long the worms have been on the shelf

Feeding your worms

Yes:

- Vegetables (except onions)
- Fruit (except citrus)
- Coffee Grounds
- Tea Bags
- Leaves
- Shredded Paper
- Dampened Cardboard
- Crushed Egg Shells

No

- Citrus Fruit e.g. oranges, lemons
- Oily Foods
- Dairy Products
- Vinegar, salad dressings
- Onions and shallots
- Garlic
- Leeks
- Meat, fish, poultry

Trouble Shooting

If your worm farm is smelly:

- Unpleasant odours may mean you are feeding your worms too much or it may be too wet
- If it is too wet, ensure drainage holes are clear and add extra dry waste such as shredded paper or dried grass clippings
- Earthy smell = healthy worm farm

If you have unwelcome critters

- Ensure worm farm is well sealed with a lid and a cover to avoid flies and cockroaches
- Add lime, wood ash or dolomite to deter flies
- Add water to dampen worm farm if ants are present

Tips and Tricks

- Casting and worm wee can be a great fertiliser. This is collected from your worm farm and can take 3-6 months to develop.
- Add casting to; sand to create potting mix, to soil as a top dressing, on vegetable seedlings as a raising mix
- Worms breathe through their skin so need to be kept cool and damp
- Worms eat more than half their body weight a day - but over feeding lets to unwanted odours
- Crushed egg shells help to balance pH levels
- Worms will work through mashed material faster