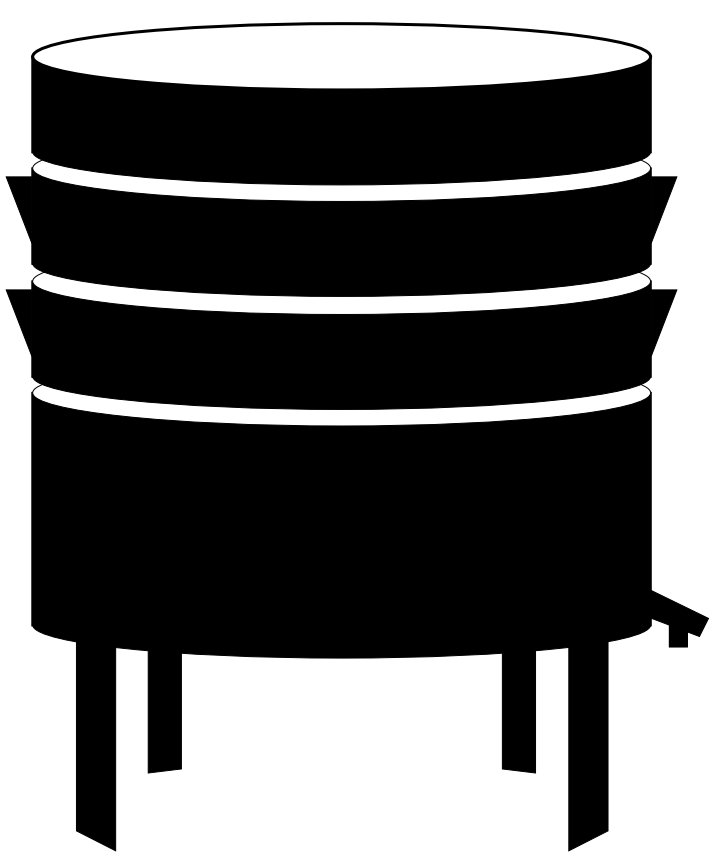


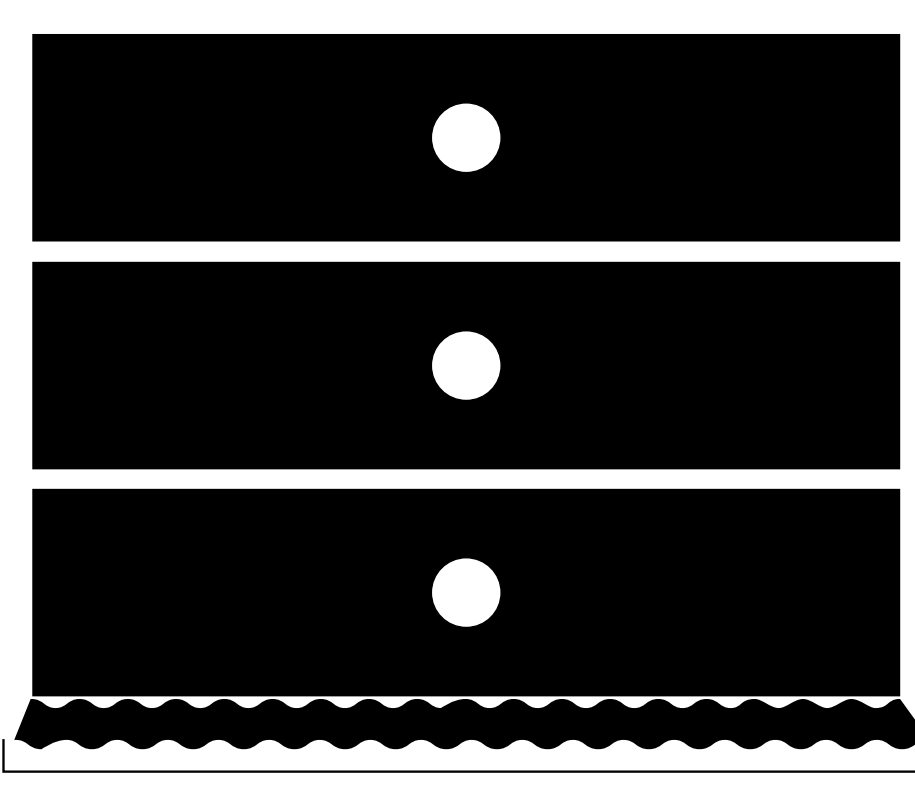
# WONDERFUL WORM FARMS

Worm farms are FUN and a great way to process your food scraps into super-concentrated compost for your garden. Most worm farms use tiger worms as they process your food scraps quickly.

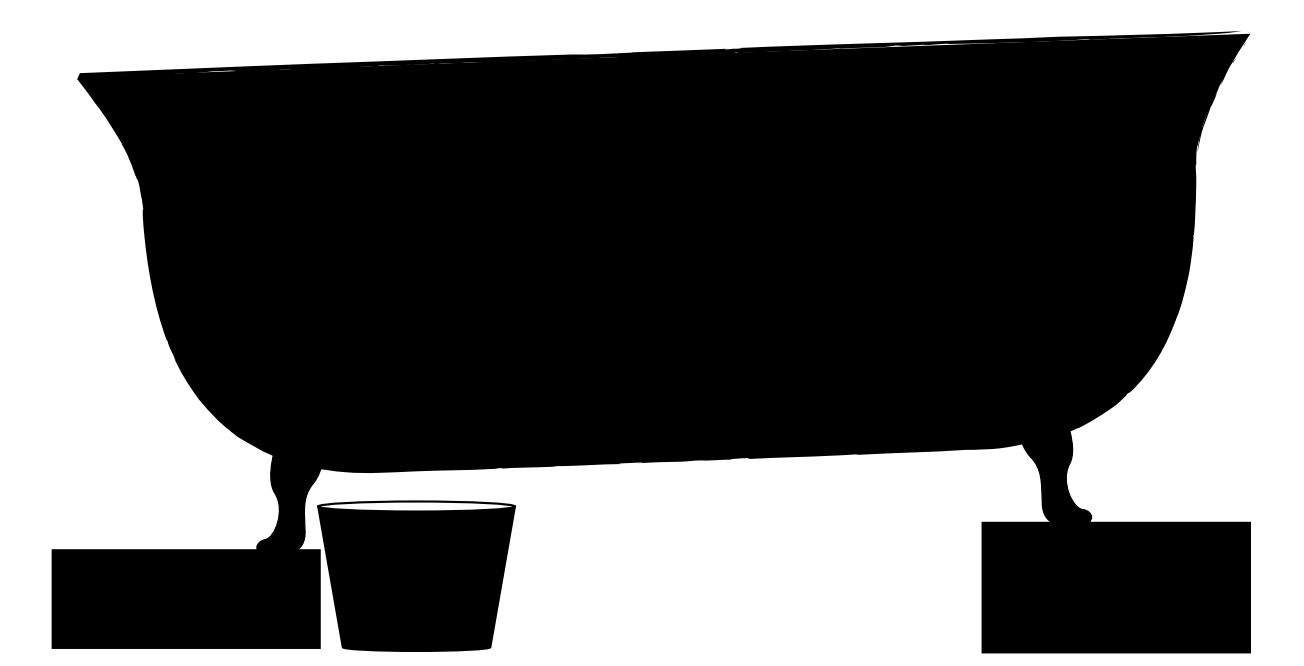
## What to put worms in:



Plastic worm bin



Wooden drawers



Bath tub

## What to feed worms?

Most Food Scraps (especially green vegies),

Crushed Egg Shells, to provide calcium for worms,

Tea Bags & Coffee Grounds,

Paper

Small Holes to let rain in (but not worms out)

Damp Newspaper

## What NOT to feed worms?

Citrus Fruits,

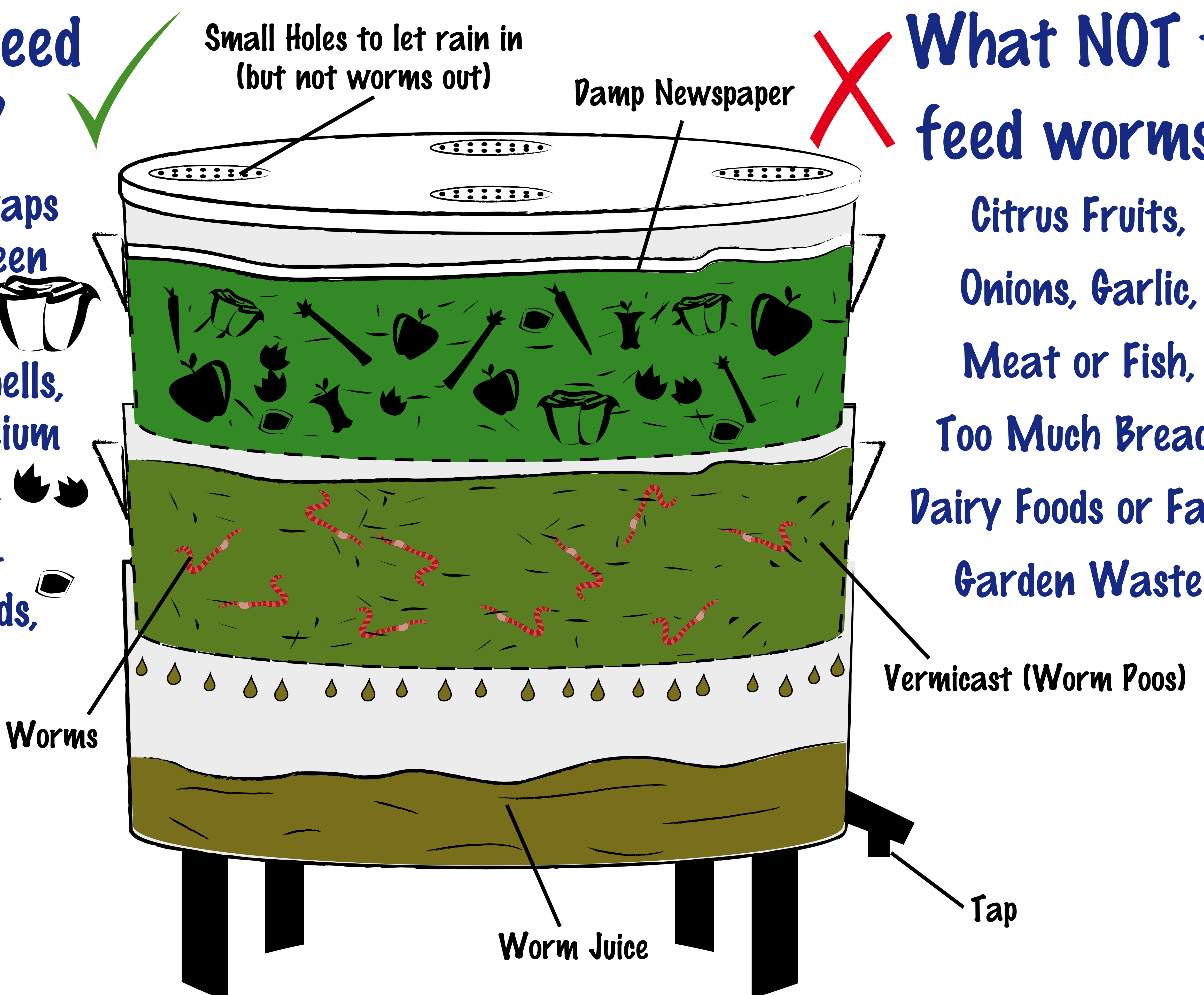
Onions, Garlic,

Meat or Fish,

Too Much Bread,

Dairy Foods or Fats,

Garden Waste



Remember to look after your worms...

## Worms need:

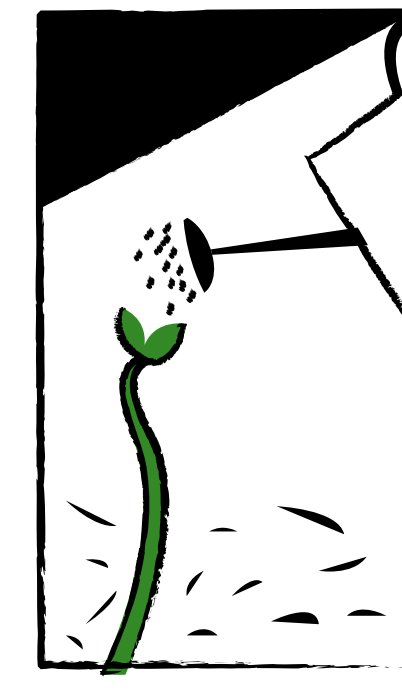
- conditions that are JUST RIGHT: Not too hot, not too cold. Not too wet, not too dry.
- healthy food – little and often – at least once a fortnight
- darkness – cover the worm farm to keep out the light. Natural carpet is good for home-made bins
- a good balance – 1 part Carbon (paper, leaves): 3 parts Nitrogen (food scraps).

## How to use your vermicast and juice:



### Vermicast

- Dig in and mix with soil.
- Spread thinly around plants; avoid touching plant stems.



### Worm juice

Dilute until the colour of pale, weak tea and use to water plants.



create  
your own  
eden