

Caring for our Worm Farms

Likes

Most fruit and vegetable scraps
Pulp from the juicer
Cooked food
Tea leaves/bags and coffee grounds
Crushed/ground eggshells
Hair, vacuum cleaner dust
Soiled paper, tissues, handy towels,
shredded egg cartons, toilet roll inners,
paper lunch wrap
Shredded moist newspaper and cardboard
Lawn clippings in small quantities (spray free),
weeds, clippings, prunings, dirt and leaves
Sawdust (untreated), wood ash

Dislikes

Citrus, acidic fruit skin
Spicy foods, onion, garlic, leeks, capsicums
Meat and dairy products
Bread, pasta and processed wheat products
Shiny paper
Fats or oils
Animal droppings

How much to feed Your worms

⇒ Add up to 2.5cm per day
⇒ Uneaten food should not be more than 5cm deep
⇒ Only add more food as it is eaten It is very important that the hungry bin is not overfed.
Compost worms prefer to eat their food as it begins to decompose, but not if it has become slimy and smelly. If the bin is overfed, the food scraps will begin to rot before the worms can eat them. Rotting food scraps not only smell, but also interfere with the life cycle of the worms and the operation of the bin. Rotting food is anaerobic – or oxygen deprived. Because worms breathe through their skin, anaerobic conditions prevent the worms from breathing properly, and may cause them to die. :(

