



Wiggling Workers

Vermicomposting is simply composting with worms! Red wigglers eat their weight in food waste every two days, producing nutrient-rich castings (worm poop). These become nutrient-rich compost. Vermicomposting is ideal for year-round and indoor composting.



1 Container

Bins are available commercially or can be built. Use a dark plastic bin about 30 cm deep with a lid. Add covered vents to the top and sides for ventilation. Provide drainage holes and a collection bin at the bottom of the container to collect worm tea.



2 Worms

Use red wigglers or red worms. Start with a ½ kg of worms. These worms survive between temperatures of 13°C and 25°C.



3 Bedding

Soak shredded cardboard or paper thoroughly. Use enough bedding to fill your worm bin ⅔ full. Mix with sand, potting soil or peat moss. Monitor its moisture regularly and spritz it with a spray bottle as needed. Keep it as wet as a well wrung-out sponge.



4 Food

Feed your worms vegetable and fruit scraps regularly. Coffee grounds and crushed egg shells act as grit. Do not feed them oils, fats, dairy or animal products. Avoid too many citrus peelings.



5 Compost

Bury food under the bedding to prevent odour and fruit flies. Start placing food in one corner and make your way around the bin. Keep a thick layer of shredded paper on top of the bedding, food, and worms. Every 3–4 months harvest the fresh castings your worms have created and replenish the bin with fresh bedding.



6 Using the Compost

The nutrient-rich castings created by vermicomposting make a great soil conditioner for indoor and outdoor plants, or for use in the lawn and garden. Worm tea can be collected and used to water plants (25 parts water to 1 part tea).

*For more information, see the **Wiggling Workers** brochure available inside the Okanagan Science Centre.*

Did you know?
Worms are great at reducing waste. Worms create 1 pail of nutrient-rich castings for every 40 pails of waste.