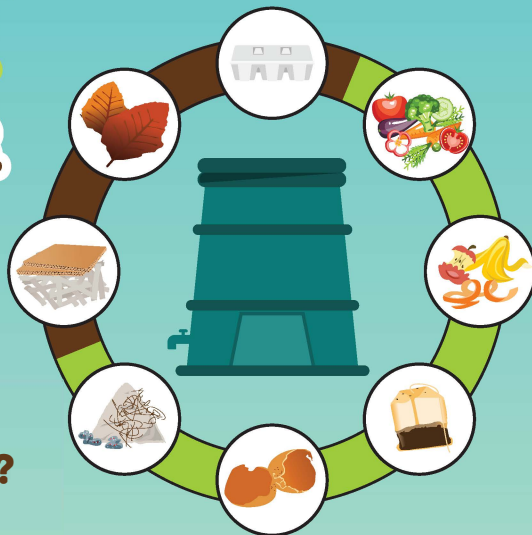


WHAT TO FEED YOUR WORMS



How do I get started?

LOCATION

Cool spot in Summer, warmer spot in Winter.

SET UP

Best to buy a commercially made worm farm of three layers. Top is the Kitchen and Dining, Middle is Bedroom & Living quarters and the bottom is the toilet, where the worm wee gathers.

Start by placing food, covered with your hessian/carpet, in this level your worms will gradually move upwards to live and feed. Worms like fruit and vegie scraps/peels, teabags and coffee grounds, crushed eggshells, small amounts of bread or pasta, moist cardboard, shredded paper and newspaper, deciduous tree leaves, vacuum bag contents and hair.

REMEMBER!!!

Worm farms process less food than a compost bin, so make sure you're not overfeeding your worms, uneaten food will begin to smell and attract unwanted pests. Each day a worm will consume approximately its body weight in food. This means you can feed your worm farm a few handfuls every few days. Once it's established and the worms are breeding, you can try feeding them more food. Cut food into small pieces - this makes it easier for the worms to eat.

HARVESTING THE RESULTS

Your worm farm will produce 2 kinds of fertiliser:

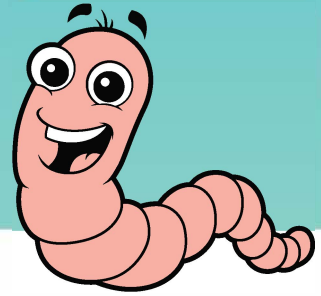
LIQUID Worm wee, dilute the liquid by 1-part worm wee, to eight parts water for a rich plant fertiliser.

SOLID Known as 'castings', worm poo will develop in the layers where your worms live the middle and upper layers of your farm.

- Never include any parts of an onion, leek or shallot and no orange, lemon, lime or grapefruit skins or pulp either.
- You shouldn't add too much material in one go and you should never add more until the previous lot is consumed.
- The material added needs to be covered over with hessian/felt/carpet/underlay. This is said to provide a cosier environment for the worms.
- The mix of materials in the farm can become acidic and/or too wet. You can counter acidity by sprinkling garden lime (or dolomite) lightly over the surface from time to time and to balance the ingredients by adding a thin layer of shredded paper every so often.



INSIDE YOUR WORM FARM



FAQs

Why are there flies in my worm farm?

If flies become an annoyance, reduce how much you feed your farm or try covering it with hessian/carpet. You can also dig food into the castings to speed up processing.

How do I stop pests invading my worm farm?

Insects like slaters, beetles, wine flies and mites are all a part of the natural decomposition cycle and are fine to have in your worm farm. You can also place the legs of your worm farm in water bowls to cut off their pathway.

Is my worm farm supposed to smell bad?

If your farm has a bad smell, remove any rotting food and make sure you're not overfeeding your worms. You can also gently aerate your bedding with a garden fork and add moistened newspaper to help counter the effects of overfeeding. Remember also that your worms like moisture - if you don't get a few drops when you squeeze a handful of bedding, then spray with a little water.

What happens when I go away on holiday?

Worms can live for 4 weeks without fresh food. Put damp newspaper in the worm farm and leave in a cool location. Empty the 'worm juice' before you go and leave the tap open with a container underneath it to collect the liquid.

**food scraps
and cover**

**breeding tray
and worm
castings**

**castings
only**

**worm wee
collection with
tap outlet**



Don't add

- Spicy food
- Chilli, onion and garlic
- Meat and milk products
- Citrus or acidic foods
- Oils and liquids
- Fat and grease
- Bones

