

# Worm Facts.

Worms are fascinating little creatures and have many amazing facts that make them so useful in waste minimisation.

Worms consume about half their body weight everyday. Food waste is passed through their bodies every 24 hours in the form of useful castings

Two mature worms can multiply to 1500 in a year

Worms mate every 7 to 10 days, producing a capsule that contains between 2 and 20 babies. The capsules hatch in approximately 3 weeks

Earth worms have no diseases

Worm castings have high fertility, and more minerals available to plants  
Earthworms can live up to 15 years

Cut a worm in half and it generally dies. You do not get two worms. Sometimes if the cut is far back enough, the worm will grow another tail.



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**A waste education initiative of ResourceGV and its member Councils**

Greater Shepparton City Council  
Moria Shire Council  
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Keeping a worm farm is an easy way to cut down on waste to landfill, with the added bonus of creating a fantastic organic fertiliser for your garden.

The best thing about a worm farm is that you can keep it anywhere-they can be kept inside, on the balcony or even in the garage.

Worm farms can be bought from most hardware stores, from some local councils or you can build your own using an old bath, trough or box.

Worms like  
Vegetable scraps  
Tea Leaves  
Coffee Grounds  
Newspaper  
Well aged manure  
Vacuum dust  
Egg Cartons  
Egg Shells

Worms dislike  
Onion peel  
Garlic  
Citrus  
Excessive amounts of  
potato peel

## Getting started.

- 1. Make sure that your worm farm is in a cool shady spot.** This is important for worms surviving the hot summer months!
- 2. Prepare a bedding for the worms**  
If you have purchased a worm farm this may be supplied, otherwise here are some options:
  - Purchase a bag of worm castings or peat moss and use this as a bedding.
  - Mix half a bucket of manure (sheep or cow will do the job) with a 1/4 bucket of shredded newspaper.
  - A combination of finished compost, leaves and shredded newspaper works well too!
- 3. Once your bedding mix is ready, add your worms and start feeding them with a small amount of food until they adapt to their new home.** Maintain a good food layer about 2cm thick. If you are going away on holidays, increase the food layer and add some newspaper which will provide enough nutrients until you return home.
- 4. Cover the worms with a moist hessian bag or wet newspaper to keep the moisture in and the light out.** Keeping the worm farm dark, encourages the worms to come to the surface and feed on the food scraps. It will also help keep the worm farm cooler in the summer months.

## The benefits.

Your worm farm will create two products - worm castings & liquid fertiliser both of which are both great for the garden.

**Castings:** spread a small amount around your plants or dig into the soil to help increase organic matter.

**Liquid Fertiliser:** can be used on all plants when diluted with water - 1 part worm liquid to four parts water.

Over half the waste you put in your garbage bin is green waste and food scraps

So if you've been meaning to get worm farming now is a great time to get started!

