

WORM FARMS

Worm farms are a great way to compost your food scraps and help diverting waste from landfill. The worms will eat almost anything of your kitchen waste and turn it into high-quality fertiliser which can be added to your garden soil and potted plants.

What's on the worm's menu?

- ✓ fruit
- ✓ vegetables
- ✓ coffee grounds
- ✓ tea bags
- ✓ human hair
- ✓ newspaper
- ✓ vacuum cleaner dust
- ✓ cardboard

What can't you feed them?

- x fish and meat
- x dairy products

How do you use it?

Material you need

- Bedding material: worm castings and shredded paper/newspaper/cardboard, leaves
- Worms (at least a hand full)
- Worm blanket: old tea towel, hessian bag or another material that holds moisture but is breathable
- Container for catching the worm liquid

Getting started

- Find a cool and shady spot – worms don't like the heat and sunlight. Also make sure that the location is easy accessible so you won't forget them
- Put a layer of bedding material into your worm farm and soak it with water
- Add your worms
- Cover them with a worm blanket and let them settle in for 48 hours before feeding them
- Their first feed should be only a small amount - 1 cup of food (chopped) for 1 kilo of worms. You can increase the amount once the worms have settled in and numbers increased

TIPS

- Always bury food scraps in the worm farm
- Note: Worms don't have teeth, they suck their food in. This means – the smaller the food scraps, the quicker the worms can deal with them
- Keep your worm farm moist all times! You may have to water the farm regularly in summer; worms die if it gets too hot! You can add some ice cubes in summer to keep them cool.

TROUBLE SHOOTING

Problem	Possible Reason	What to do
Vinegar flies	Caused by an excess of food but they are harmless	Stop adding food for a while
Smelly worm farm	Too much food scraps and not enough aeration	Stop adding food for a while and sprinkle a teaspoon of garden lime to reduce acidity and turn over the top layer
Ants	The material in your worm farm is too dry or acidic	Make sure food is buried. Add some water and sprinkle a teaspoon of garden lime then turn over the top layer If the farm is on legs, stand them in containers of water with a few drops of kerosene
Escaping worms	If you notice that masses of worms are escaping then you need to check the bedding material	Check food levels, moisture and acidity. If necessary add water and garden lime