

Factsheet



How to Create a Worm Farm



Worms will eat most of your kitchen waste and turn it into a high-quality fertiliser.

Step 1. Choose a container to house your worms.

- You can buy a ready-made plastic worm farm from the hardware store or reuse old materials. Polystyrene vege boxes are great and you can even convert an old fridge! Your container should be approx 30cm deep, 60cm wide and 90cm long. Let's use polystyrene vege boxes as an example.
- Make holes in the bottom of one box to let liquid drain and allow air to flow.
- Place the box containing holes over another box without holes and put a tap in the bottom box to let the liquid out.
- Put an upturned container or a brick in the bottom box. This will help any worms that fall through the holes to get back up unto the top box. It will also form an island for the worms so they don't drown.

Step 2. Make the bedding.

- The most popular bedding materials with worms are torn newspaper and cardboard, leaves, chopped up straw and other dead plants. Be sure to wet the bedding – it must be

moist like a wrung out sponge, then fill a layer about 10-15cm deep in the top box.

Step 3. Add the worms.

- You can buy worms at the hardware store or your local worm supplier. Then add your food scraps on top. The worm wee will drip down into the bottom box and you can store it by reusing milk bottles. Dilute 4 parts water 1 part wee for a great liquid fertiliser.

Do feed your worms:

- * Fruit (except citrus)
- * Vegetables (except onions)
- * Coffee grounds and filter
- * Tea bags
- * Crushed egg shells
- * Leaves
- * Shredded paper

Don't feed your worms:

- * Citrus fruits
- * Oily foods
- * Meat, poultry, fish
- * Dairy foods
- * Vinegar or salad dressings
- * Plants from the onion family (garlic, shallots, leek)