

Bedding Material

- ✓ Clean shredded cardboard
- ✓ Shredded waste paper (no gloss)
- ✓ Coconut coir
- ✓ Dead leaves

Acceptable Food Waste

- ✓ Non-citrusy fruits/vegetables
- ✓ Grains/pasta/bread
- ✓ Egg shells
- ✓ Coffee grounds
- ✓ Non-plastic tea bags

Aim for a 50/50 ratio between bedding and food waste.

No thanks!
These upset my
tummy!

Please Avoid:
Meat/fish - too smelly!
Dairy - too gooey!
Spicy food - too spicy!
Oily food - too greasy!

Take the First Step Toward Greener Living



For more information, please contact:

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Vermicomposting

Explore a different way to compost.



What is Vermicomposting?



A type of composting that uses earthworms to help break down organic waste



Red wiggler worms are typically used for vermicomposting



Worms will eat the organic waste and produce worm castings, which are nutrient-rich fertilizers



A vermicompost pile can start in a bin, garden bed, or a specialized vermicompost container

Vermicomposting Step-by-Step

01

Choose a suitable container with proper drainage and ventilation

02

Add a layer of bedding at the bottom of the bin, then add the same ratio of food waste on top

03

Add worms and monitor your vermicompost regularly

04

Keep the compost slightly damp by sprinkling water and check that the temperature inside the bin is between 55-75F

05

After 8-12 weeks, the worm castings can be harvested, and fresh bedding and food can be added

How to Use Worm Castings



Sprinkle it on the soil surface around plants



Mix it into the soil before planting



Create a liquid fertilizer by steeping the worm castings in water

