

## How keep happy, healthy worms



Worms take your leftover food scraps and turn them into a dark, soil-like material with a pleasant earthy smell known as worm castings.

### What worms eat

Worms are voracious eaters. They will take a little time to settle in and start growing, then give them a good supply of food. Food scraps should be cut into small pieces. Don't overfeed your worms, food scraps will spoil, resulting in a smelly farm and unhappy worms.

#### What Worms LOVE

- Fruit peelings and seeds
- Veggie Scraps (raw & cooked)
- Paper
- Cut Flowers
- Shredded & soaked newspaper & cardboard
- Crushed Egg Shells
- Coffee Grounds & Tea Bags
- Bread, Rice, Cake & Biscuits (in small amounts)
- Hair & Nail Clippings
- Vacuum Cleaner Dust
- Cotton Rags (in small amounts)

#### What Worms HATE

- Onions
- Citrus (orange peels, lemons, limes etc)
- Meat (this can smell when rotting and attract vermin)
- Oil, fats or bones
- Dairy (cheese, milk, yoghurt can also attract vermin)

## What Worms Make

**Worm juice** - the liquid that drains directly out of the farm.

**Vermicast** - or worm poo.

- Both can be used as plant fertilizers but should be applied in moderation.
- Worm juice collected direct from the farm should be diluted to a weak tea colour before applying to plants.
- Vermicast can be dug directly into the soil of your garden.
- Vermicast can also be mixed with water to make 'worm tea' which can be watered on plants and lawns.
- Mix a handful of vermicast in a bucket of water to make a weak teal coloured brew.

## How the three tier worm farm works



Worms live in the bedding tray to begin with and simply wriggle their way up into the one above, where they can smell the waste.

The drip tray has a solid floor to catch liquid runoff that percolates down from the upper trays.

The upper trays are perforated to let the worms move up through the floor to reach fresh food supplies.

These "holey" trays lock into each other and are deep enough to leave room for the worms to move about without being squashed.

Once the worms are all in tray 2 you can remove the castings as the worms aren't keen to live in their own poo.