



(Vermiculture)
Red Wiggler Worms
101

Feed and check on worms 1x a week

1. Lift up newspaper bedding and add food scraps:
 - **Bucket of Worms:** add to the top tier
 - **Rubbermaid Bin:** add to the middle of the bin
 - **Wooden Worm Bin:** add to the top layer
2. Cover food with more newspaper
 - Add extra newspaper if bin seems wet rather than moist

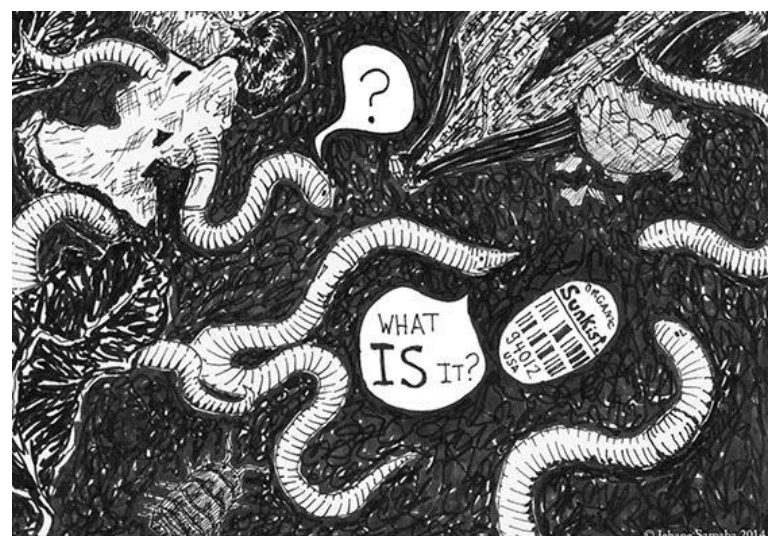
Other optional add-ins to include weekly

- Coffee grounds
- Egg shells
- Paper bags (torn into small pieces)

For the **Bucket of Worms**, check the down spout once a week and collect the “Worm Tea” to feed tree or bush roots for a nutrient boost!

Helpful Hints

- Measure the amount of food
- Feed worms approximately 3 times their weight per week
 - If you start with one pound of worms, add 3 pounds of food per week
- Monitor the bin every week to see if the worms are or are not eating the food
 - Adjust feeding levels accordingly



Monthly maintenance: Check the layers of the bin, rotate and add worm castings to soil, or to soil mixes. Check out Red Wiggler Worms 102 to find out more...