

# Vermicompost

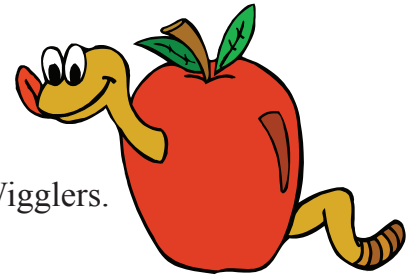
## What is Vermicomposting?

Vermicomposting is a composting method that uses worms to recycle food waste! Red Wigglers, a type of worm, are placed in a bin, along with newspaper bedding material, moisture, and food scraps. Worm bins can be placed under the kitchen sink for easy disposal of leftover cooking scraps. The Red Wigglers decompose the food scraps very quickly, leaving behind nutrient-rich worm castings (worm poop). The finished vermicompost can be used to fertilize your houseplants and gardens!

## How do I start Vermicomposting?

### Materials:

You will need a large plastic bin with a lid, shredded newspaper for bedding material, a clean spray bottle to add moisture to the bin, and 1 pound of Red Wigglers.



### Instructions:

Begin by drilling ventilation holes around the top of the bin and in the lid. Ventilation holes are very important because the worms will need oxygen to survive. Next you will need to add enough shredded newspaper to the bin to fill it within a couple of inches of the top. This newspaper will act as bedding for the worms. Because worms breathe through their skin, it must be kept moist, so you will need to spray the newspaper with water until it is slightly damp. You will also want to add a cup of garden soil to the bin to add other microorganisms to the bin to help with the decomposition process. When your bin is complete, add the Red Wigglers, close the lid, and place under your kitchen sink. Add food scraps and let the worms get to work making vermicompost for you! After a few months you will need to separate the worms from the compost and start all over. Use the finished compost to fertilize your houseplants!

## Frequently Asked Questions:

### Can I use the earthworms I find in my garden for Vermicomposting?

No. Night crawlers do not consume food scraps as fast as Red Wigglers. In order to keep your bin working effectively, you will need to purchase 1 pound of Red Wigglers. To order online, visit [www.unclejimswormfarm.com](http://www.unclejimswormfarm.com).

### Will the worms escape from my bin?

When first introducing your worms to their new home, it is recommended that a light be placed above the bin. Worms do not like light and will burrow deeper into the bedding to avoid it. This will help them to acclimate faster. Also, providing a suitable environment will keep them from wanting to leave.

### Will the bin smell bad?

Make sure to completely cover all food scraps with the newspaper bedding when adding to the bin. If you add too much waste for the worms to decompose fast enough, you may also begin to smell an odor from this rotting food. After your worms become acclimated to their new bin, they can compost up to their weight in waste per day. Typically, 1 pound of worms can compost ½ pound of food scraps per day. Also, avoid adding meat, fish, chicken, or dairy products because these products will cause bad odors as well.

**For more information contact the Wood County Solid Waste Management District  
419-354-9297 • [www.recyclewoodcounty.org](http://www.recyclewoodcounty.org)**