

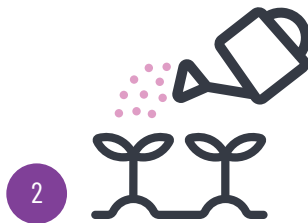
WORM FARMING



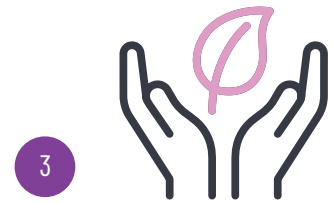
Why have a worm farm? - 3 great reasons



Worms turn your left over food into rich soil-like castings which are great for feeding house plants, adding to seedling mixes and potting soils or top dressing around plants.

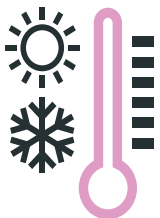


The liquid produced by your worm farm is a fantastic organic fertiliser for your plants. Just dilute it 10:1 and use it on your pot plants or veggie garden.



Reduces food waste going to landfill, which reduces the production of harmful greenhouse gases.

Where to put your worm farm - choosing your site



Worm farms can be kept outside, inside, on the balcony or in the garage, making them ideal for any type of living, from apartments to houses. When choosing a spot for your worm farm, remember that worms don't do well in overly hot or cold temperatures- ideal conditions are between 18-25°C.

Setting up a worm farm

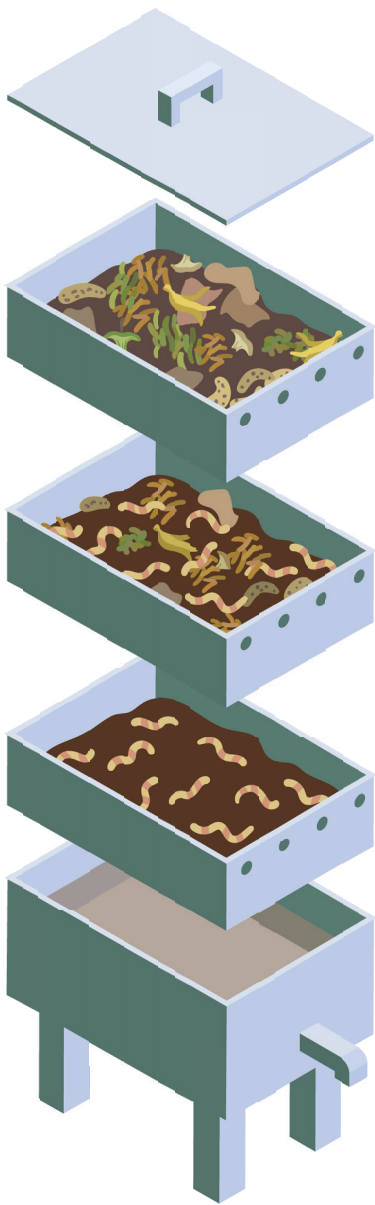
If you buy a ready-made worm farm kit, it will usually include instructions for how to assemble the worm farm and get started. A worm farm kit usually includes a bedding block, but you can also prepare your own bedding from hay, coconut fibre, shredded cardboard or paper.

Otherwise, you can make your own worm farm using items you might already have at home. Check out our *How to make your own worm farm* guide or hop on YouTube for loads of worm farm ideas!



Did you know?

The worms you use in worm farms are different to the ones you find in your garden, so you'll need to purchase worms to get started. They are available online or from local hardware stores, just make sure you check how long the worms have been on the shelf, as fresher worms will usually be healthier!



What to feed your worms

70%



Fruit scraps



Vegetable scraps



Coffee grounds and tea leaves



Avocado

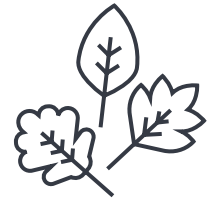


Egg shell

30%



Egg tray



Leaves



Shredded cardboard and paper



Vacuum dust

Worms love to eat



- Vegetable scraps (excluding onions)
- Fruit scraps (excluding citrus)
- Egg shells (crushed)
- Coffee grounds and tea leaves
- Vacuum dust, dirt and hair
- Paper and cardboard (including pizza boxes) dampen and rip up first
- Leaves

Worms don't like



- Citrus and onions
- Dairy foods
- Fish, poultry, meat scraps and bones
- Oily foods
- Vinegar and salad dressing

Chop up the scraps into small pieces, as worms don't have teeth and it makes it easier for the worms to get through. The trick to healthy worms is to feed them a variety of food and in moderation.

Harvest time

Collecting castings – move the castings to one side of the worm farm and fill the other with fresh bedding. In a few days the worms will have moved to the fresh bedding, leaving the castings free to be removed and used in the garden.



Collecting liquid fertiliser – drain the liquid off your worm farm regularly, or leave the tap open to drain into a separate bucket or container. To use on the garden, dilute the liquid by about 10:1 (1L of water to 100ml of Liquid) then apply every 2-4 weeks around the roots of your plants. Castings can also be liquefied in the same ratio – just add one part castings (100mL) to ten parts water (1L) and stir well.

It's not working!! (Easy fix it guide)

My worm farm smells! – reduce how much you are feeding the worms. If you feed them too often and don't give them enough time to consume the scraps, the remaining scraps will start to rot and create a smell.

Unwelcome critters – make sure you keep a sealed lid on the worm farm to reduce the chances of other creatures joining them (such as ants and cockroaches). Little vinegar flies are common and nothing to worry about. If you have maggots, there may be too much food or meat (which worms don't like). To get rid of maggots, add a piece of bread soaked in milk to the surface of the bedding and leave for a couple of days. The maggots will be attracted to the bread, and can be easily removed.

My worms have died! – worms don't do well in overly hot or cold temperatures– ideal conditions are between 18-25°C. During colder months you can drop an old blanket over the farm, and in summer a wet blanket will help keep them cooler. If your worm farm is in direct sunlight, you will need to relocate it to a cooler place during summer.

Fun facts about worms!

- A worm has no arms, legs or eyes
- Worms live where there is food, moisture, oxygen and a favourable temperature. If they don't have these things, they go somewhere else.
- Worms are cold-blooded animals
- A worms can eat their weight each day
- Worms can lose their tail and grow it back
- Worms have 5 hearts

