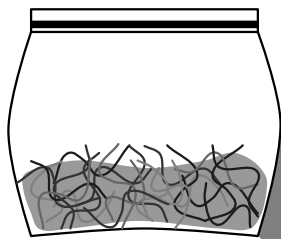
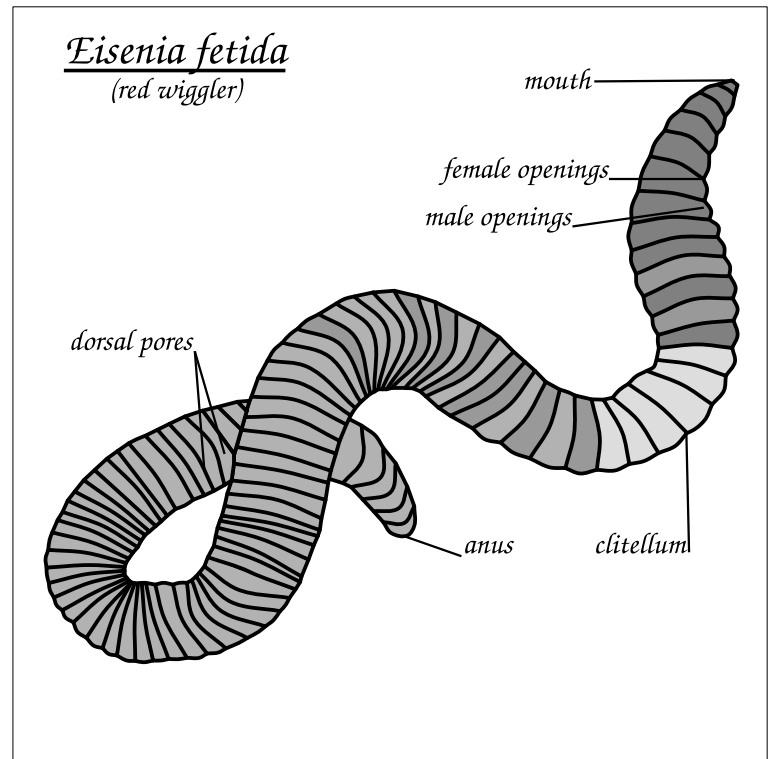


# Vermicompost

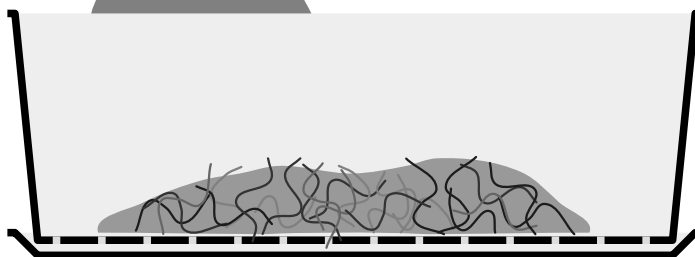
A quick start guide  
to worm composting.

More complete information:

<https://lowtechinstitute.org/wp-content/uploads/2018/09/lfbulletin-no001-vermicomposting2.pdf>



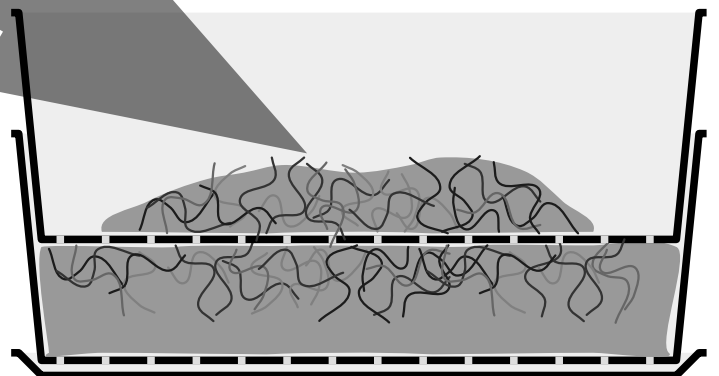
1) Get a pound of Red Wiggler worms.



2) Add them to nesting worm bins with an equal amount of shredded, damp newspaper.

3) Add 1 lb of scraps per week (see back).

4) As the first bin fills, add second on top and continue to feed.



## Feeding Your Worms

Worms like soft, moist, small foods.  
A 1:1 mix of carbons:nitrogen is best.

### DO FEED      DO NOT FEED

Coffee Grounds, Tea	Citrus & Pineapple
Fruit	Garlic & Onion
Vegetables	Fruit & Veg. Seeds
Leafy Greens	Potato
Bread	Processed Foods
Pasta	Salty or Oily Foods
Shredded Newspaper	Meat
Cardboard	Dairy
Eggshells	Too much of one thing
Dry Leaves	Fruit Pits, Seeds
	Yard Waste
	Animal Feces
	Bleached or Glossy Paper
	Sawdust from Treated Lumber

If too damp, add more carbon/brown.



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