



# Fact sheet

## Vermicomposting (Worm Composting)

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Kitchen wastes, such as fruits, vegetables, coffee grounds, tea bags, and eggshells, are a part of the solid waste stream. Most of this material is disposed of as garbage at transfer stations, landfills, and incinerators at a high economic and environmental cost to citizens. A positive alternative is to compost kitchen scraps using red worms to make a valuable compost for use as a soil amendment or as a starter mix for house plants or seedlings. **Note:** Avoid meats, oils, and grease in the compost system.

Worm composting is enjoyable, and it demonstrates the natural process of decomposition and the life cycle of the organisms involved.

### Materials

- A worm bin can be made from an old dresser drawer, a 5-gallon plastic bucket, or from wood. A wooden box should be approximately 2 ft. X 2 ft. X 8 in. high. Do not use cedar, as it is toxic to the worms.
- Bedding material: shredded, moist newspaper, cardboard, and/or leaf compost.
- Watering can or container to provide water for the system.

- Red worms (*Eisenia foetida*) 1 pound. They can be ordered from:

Flowerfield Enterprises  
10332 Shaver Road  
Kalamazoo, MI 49002

Lower East Side Ecological Center  
P. O. Box 20488  
New York, NY 10009

### Procedure

1. Shred newspapers or cardboard or use leaf compost. Moisten this material and place it in the bin loosely to provide for air circulation.
2. Add 1 lb. of red worms to the bin. They will crawl to the bottom of the bedding material to avoid the light.
3. Place food scraps except animal products (meats, greases, etc.) under the bedding. The worms can consume 3 to 3 1/2 lbs. of kitchen waste per week while making vermicompost.
4. Keep the bin covered loosely with plastic or newspaper to retain moisture. The box should be checked every day or two

for moisture. When the surface or edges of the bedding begin to dry, add water.

## Summary

The process takes about 3 to 4 months to produce a finished vermicompost product, which looks like brown coffee grounds. The compost consists of worm castings, partially decomposed kitchen waste, and some undecomposed bedding. The worms eat not only the food, but also the newspaper or other bedding. Vermicompost can be mixed into garden soil to improve structure and to provide nutrients, can be used as mulch, or as a potting soil mix.

To separate the compost, place it on a table under lights. The worms will go to the bottom of the pile away from the light. Remove the finished compost and start the process over again. Because the worms have reproduced, you can separate out the surplus and start a new box. Always keep the bin at a temperature above freezing and below 95° F. The bin should be kept indoors in winter, but can be placed in the shade in summer. Stop feeding for several days or weeks before ready to use.

## References

Appelhof, Mary. 1982. *Worms Eat My Garbage*. Flower Press, Kalamazoo, MI.

