

Worm Compost Farm Cheat-Sheet

by Candace Arden

- Store worm bin in a dark, cool place, between 40 and 80 degrees.
- Collect food scraps throughout the week, being careful to:
 - Avoid salty, acidic, citrus, or fatty foods (basically just fruit and veggie scraps)
 - Chop finely and store in fridge
 - Or simply save used tea leaves and coffee grounds (what we do!)
- Once a week or every other, check on your worms and complete the following:
 - Check moisture of compost; if very dry, add a little bit of water, if very wet, add some dry mulch, dry dirt, dry leaves, etc.
 - Collect what you've got, or measure out: roughly half of their body weight for each day of the week (3.5 pounds for 1000 worms, 1 3/4 pounds for 500 worms, just under a pound for 250 worms)
 - Feed: dig a small trench on one side of the bin and bury the scraps (next feeding, switch to the opposite side and rotate each feeding)
- Monitor the growth of your Worm Compost Farm:
 - To expand your worm farm, gradually increase their food scraps, then split bin contents into two bins, adding more soil to each to equal about 6-8 inches of worm habitat for each bin to start.
 - To keep your worms confined to one bin, distribute as needed onto your garden and replace with spent potting mix or dirt.
 - If you decide to abandon your worm farm, simply dump the entire contents into your garden and spread around evenly. But why would you do this?

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