

# WORM YOUR WAY OUT OF FOOD WASTE

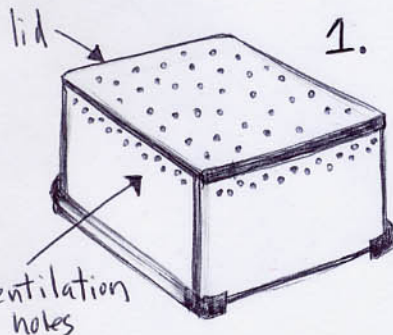
Vermicomposters or 'wormeries' are a quick and easy way of composting food waste. Not only are they clean, odour-less and take up very little space, they also produce both very rich compost and a strong liquid plant feed. Using reclaimed and locally sourced materials, this sheet explains how to make a fully functioning wormery for a fraction of the price of shop bought models. Here's how to do it...

## what you will need:

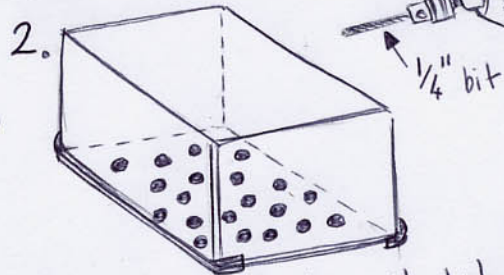
- 3 rigid plastic boxes with one lid (available from scrapstore or DIY stores) You can use either stackable boxes or those that fit inside each other.
- Water butt tap (available from DIY stores)
- Newspaper
- Corrugated cardboard (eg. old box)
- 250g worms - 'Dendrabenas' (available from fishing shops, or a friend's wormery)
- Handful of soil
- Drill bits + hole cutting attachment



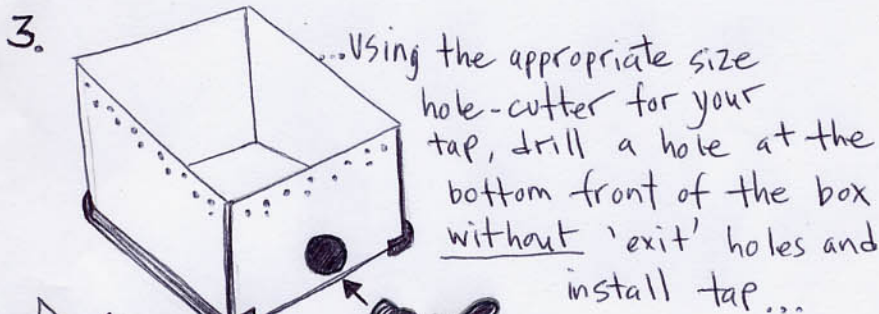
## Step 1 - Preparing the structure:



1. drill lots of tiny holes around the top of the boxes to allow for ventilation, doing the same all over the lid...



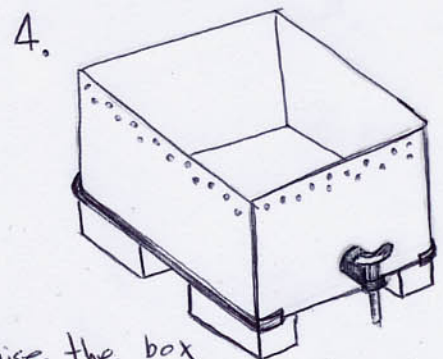
2. ...Next, drill lots of 'exit' holes in the bottom of 2 of the boxes, using a 1/4" drill bit...



3. ...Using the appropriate size hole-cutter for your tap, drill a hole at the bottom front of the box without 'exit' holes and install tap...

### TOP TIP

compost soggy or slimy?  
Add more newspaper or card



4. ...Raise the box with the tap on bricks, preferably with a slight slope towards the tap...

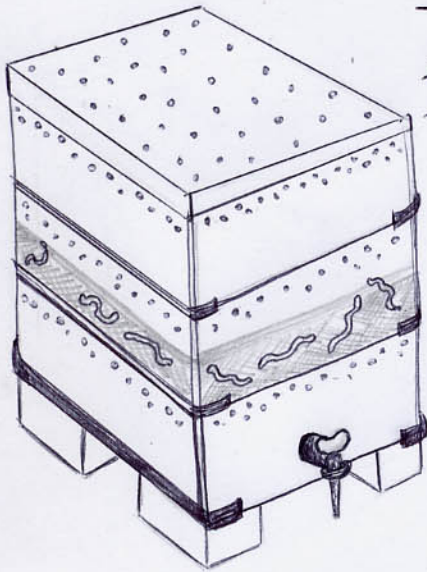
try to avoid placing in direct sunlight. if your boxes fit inside each other, place a couple of bricks inside this one to keep the next box raised up and make room for the 'worm juice'.

**TOP TIP**  
Worms trying to escape or dying? Add more bedding, or moisten compost. Check to see if you need to harvest compost, or empty liquid!

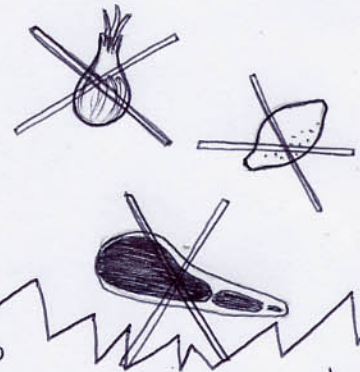
step 2 - preparing the bedding

prepare the bedding by ripping newspaper into strips, then soaking in water. Squeeze out excess and make a loose 'fluffed up' layer in the bottom of one of the boxes with holes. Add a handful of soil for beneficial bacteria and grit to help the worms digest their food.

Step 3 - adding the worms



Add worms to the box with the bedding, and cover with a sheet of damp corrugated cardboard. place this box on top of the stack, followed by the last empty box and finally the lid.



**TOP TIP**  
Smelly? Drill more ventilation holes, and stop feeding worms for a few weeks!

step 4 - feeding the worms

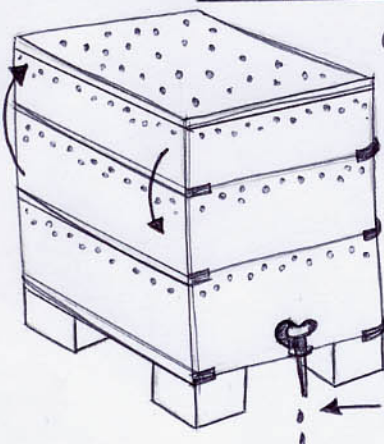
Add kitchen waste weekly by placing it under the sheet of card. Feed the worms slowly at first. As the worms multiply you can add more. Burying the new waste under the old will stop fruit flies.

What will worms eat?

Feed the worms a vegetarian diet, and they are quite happy eating some cooked food. Worms don't have teeth, so as a general rule small bits are better than big chunks of stuff. You can add most things but avoid:

- citrus fruit + peel (instead dry it and use as a great fire lighter in winter).
- onions + garlic (the papery outer bits are fine)
- Meat and fats
- shiny paper/card
- Vinegar

step 5 - day to day



once the box is filled, start on the next box. The worms will move up when they have finished eating the bottom box. when bottom box is fully composted, remove compost and rotate position with other compost box.

← empty worm juice regularly

**FOR MORE INFORMATION ABOUT WORMERIES AND TOP TIPS, VISIT**  
[www.envocare.co.uk/wormeries.htm](http://www.envocare.co.uk/wormeries.htm)