

CARING FOR YOUR RED WIGGLERS



ENVIRONMENT

- Keep worms at room temperature and away from direct sunlight.
- Place bin in a quiet location with minimal vibration (worms are sensitive to both light and movement).

MOISTURE MANAGEMENT

- For dry bedding: Mist with dechlorinated water (leave tap water out for 24 hours before using)
- For wet bedding: Add more paper fiber, coffee grounds, or powdered eggshells
- Ideal bedding should feel like a wrung-out sponge

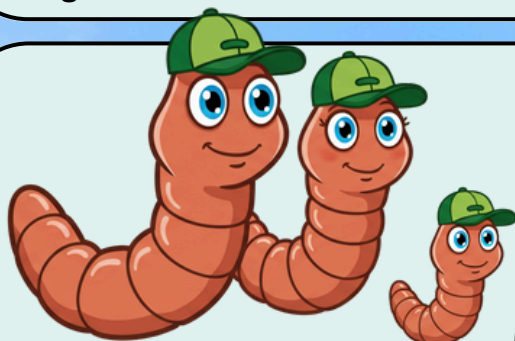


FEEDING TECHNIQUE

- Always feed from the top, layering new food waste
- Do not mix food scraps into bedding
- Place food gently, especially if baby worms are present.

WORM LIFE CYCLE

- Look for 'buttery yellow' teardrop shaped cocoons that turn brick-red when ready to hatch (10-30 babies per cocoon!)
- White filaments in bin are baby worms - handle area gently; they gain color and grow within 6 weeks.



POPULATION MANAGEMENT

- Do not add different worm species to your Vermicomposter.
- Once population expands, add handfuls to garden beds.
- When worms migrate to the second level, harvest castings for fertilizer.



FEEDING YOUR RED WIGGLERS



FOODS YOUR WORMS LOVE

- Fruit and vegetable scraps. (banana peels, watermelon rinds, apple cores, leafy greens, etc.)
- Paper fiber (best paper fiber to use are paper egg cartons, ripped down to small pieces)
- Washed, dried and powdered eggshells (these can be broken down in a blender)
- Used coffee grounds.
- Decaying leaves from trees.



FOODS TO AVOID

- Spicy food, chili, onion and garlic
- Citrus fruits or acidic food
- Breads, cereals and pasta
- Oils and liquids such as soup
- Cooked or processed food
- Grass clippings
- Meat & milk products



HARVESTING YOUR VERMICOMPOST

- Once all your worms have migrated to the second level of your vermicomposting bin, you can use the castings to start fertilizing your plants.
- Worm castings are rich in nutrients and beneficial microorganisms that help your plants thrive.



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