

## Worm Farm

### Setting up the worm farm:

- Place bedding (leaf litter, shredded cardboard or paper) in bottom of bin.
- Add a handful of worms.
- Add small amount of food scraps (ideally chopped into small pieces).
- Add a handful of grit (crushed eggshells).
- Cover with layer of carbon (handful of leaves or shredded paper).
- Cover with a blanket/hessian sack/old wooled shirt to keep them warm and cosy.

### Feeding your worms:

- Don't overfeed them.
- Only add scraps once old ones have been digested.
- Add carbon every time you feed.
- Cover with a blanket/hessian sack/old wooled shirt to keep them warm and cosy.

### What to feed:

Plenty please	A little	No thanks
Most fruit and veggies	Cooked leftovers	Anything high in salt
Cooked/salt free veggies	Crushed eggshells	Acidic foods (citrus, pineapple)
Loose leaf tea and coffee grounds	Onions and garlic	Highly processed foods
Grains/rice/breads	Dairy	Spice food
Ripped newspaper, shredded cardboard, toilet rolls.	Meat and fish	Anything inorganic
Shredded brown leaves, lucerne mulch, weed free garden refuse.	Aged sawdust, Grass clippings	Fats and oils