



# Our Holistic Homeschool's

## WORM COMPOST FARM CHEAT-SHEET


 Store worm bin in a dark, cool place at a temperature between 40 and 80 degrees

 Collect food scraps throughout the week, being careful to:

- avoid salty, acidic, or fatty foods (basically just fruit and veggie scraps)
- avoid citrus
- chop finely and store in fridge so they don't spoil

 ONCE A WEEK, check on your worms and do the following:

- check moisture of soil; if very dry, add a little bit of water, if very wet, add some newspaper shreds, dry mulch, dry dirt, dry leaves, etc.
- weigh your scraps and feed your worms:
  - feed worms half of their body weight for each day of week (3.5 pounds for 1000 worms, 1  $\frac{3}{4}$  pounds for 500 worms, just under a pound for 250 worms)
  - dig a small trench on one side of the bin and bury the scraps (next week switch to opposite side and rotate each week)

 Expand your farm or harvest your worms:

- if you want to expand your worm farm, gradually increase their food scraps, then split bin contents into two bins, adding more compost to each to equal about 6-8 inches of worm habitat for each bin
- if you want to keep your worms to one bin, remove handfuls of worm farm every so often to add to your garden and replace with compost or soil
- if you decide to abandon your worm farm, simply dump the entire contents into your garden and spread around evenly