

WORM INFORMATION SHEET

Species: Eisenia Fetida.

Common Names: Redworm, Red wiggler, Composting worm.

Container: The worms need to live in an enclosed space with vent holes in the top and drain holes in the bottom. The size of the container should be one cubic foot per pound of worms. The container must be able to withstand constant moisture. Plastic containers are recommended.

Bedding: The worms live in the bedding. The bedding can be made from shredded newspaper (no glossy print), peat moss, coconut fiber, or soil. Place several inches of moistened bedding in the bottom of your container.

Food: Just about any type of organic matter. The faster it rots the quicker the worms will eat it. For example, lettuce rots faster than avocado rinds, so worms will eat the lettuce first. No meat, dairy, manures, or oils should go into the container. Make sure you consistently feed the worms.

Moisture: Always keep the bedding and contents of your container as damp as a wrung out sponge. These worms prefer soil that has a moisture content of 80%. Excess water must be able to drain out the bottom.

Temperature: Redworms survive in soil temperatures between 40° F and 90° F. The ideal temperature is around 70° F. Most people keep their worm container in a closet, utility room, or basement. Placing containers outside can be problematic in the winter cold and summer heat.

Tips: 1) Cut food scraps into small pieces. This increases the surface area and speeds up decomposition. 2) Bury food scraps. This will reduce odor and fruit flies. 3) Don't disturb the worms too much. Store food scraps in the freezer and bury the frozen food when you have collected enough. 4) Always bury food in a different spot. One method is to bury food once a week in a different corner and hopefully the first corner is pure worm castings by the end of the month.

Contact: If you have any comments, concerns, and/or general questions, please contact Boulder Compost Company.

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Reference: "Worms Eat My Garbage". Mary Appelhof. 2^{ed}. Flower Press.