

Making a Composting Worm Bin

Materials Needed:

- One 18-20 gallon plastic storage box (dark, not see through)
- Drill 1/4" bit for making drainage & ventilation holes
- Newspaper and/or cardboard
- About one pound of composting worms

Step 1

Drill about twenty evenly spaced 1/4 inch holes in the bottom of the bin. These holes will provide drainage, if needed.

Step 2

Drill two rows of ventilation holes about 1 - 1 ½ inches apart on each side of the bin near the top edge using the 1/4 inch bit.

Step 3

Prepare bedding for the worms by shredding newspaper and/or cardboard. Worms need bedding that is moist but not soggy. Moisten the paper product by soaking it in water and then squeezing out the excess water. Cover the bottom of the bin with 6-8 inches of moist bedding, fluffed up. It is good to prepare the bedding the day before adding the worms.

Step 4

Add your worms to the bedding. A good amount of worms to start with is one pound. There are roughly 1000 worms in one pound.

Step 5

Cut a piece of cardboard or black plastic to fit over the bedding. Then cover the bedding with the cardboard or black plastic.

Step 6

Place your bin in a well-ventilated area such as a laundry room, garage, balcony, under the kitchen sink, or outside in the shade. Place the bin on top of blocks or bricks to allow for drainage. You can use the lid of the bin as a tray to catch any moisture that may drain from the bin. You should not have lots of moisture coming from the bottom of your bin.

Step 7

Feed your worms slowly at first. As the worms multiply, you can begin to add more food. Gently bury the food in a different section of the bin each week, under the cover and bedding. The worms will follow the food scraps around the bin. Burying the food scraps will help to keep fruit flies away. Make sure you do not overfeed your worms! Keeping the bin evenly moist is important. Be careful if the food you are adding has a lot of water content. You can add extra bedding to compensate. Also, if the bedding begins to dry out, you need to lightly sprinkle the bin with water.

What do worms like to eat? Feed your worms a vegetarian and fruit diet. Most things that would normally go down the garbage disposal can go into your worm bin (see the list below). You will notice that some foods will be eaten faster than others. Worms have their preferences just like us. Chopping the food will aid in the decomposition process.

Feeding your worms:

Worms LOVE

Breads & Grains
Cereal
Coffee grounds & filter
Fruits
Tea bags
Vegetables

Worms HATE

Dairy Products
Fats
Meat
Citrus Fruits
Oils

Troubleshooting:

Problem	Probable Cause	Solution
Worms are dying or trying to escape	Too wet Too dry Bedding is used up	Add more bedding Moisten bedding Harvest your bin
Bin stinks!	Not enough air Too much food Too wet	Drill more ventilation holes Do not feed for 1-2 weeks Add more bedding
Fruit Flies	Exposed food	Bury food in bedding

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