

Simple Worm Farming Guide

Please feed a balanced diet of 50% green materials (those high in nitrogen) and 50% brown materials (those high in carbon)

✓ FEED ME

Green materials



Most fruit and vegetable scraps



Crushed eggshells



Coffee grounds, tea leaves and plastic free tea bags

Brown materials



Dry leaves



Shredded newspaper and cardboard



Toilet rolls



Straw and hay



Egg carton



Coconut coir

If your system starts to smell or appears too wet, add more brown materials.

✗ AVOID OR IN SMALL AMOUNTS

In small amounts



Carbohydrates like cooked rice, pasta and bread

Avoid



Citrus and pineapple



Garlic and onions



Ginger and chilli



Meat, seafood and bones



Dairy



Cooking oils



Fresh grass clippings



Plastic or plastic coated products

Step 1:

Add your food scraps. Only feed the worms as much as they eat, give them some time to breed and gradually start feeding them more.

Step 2:

Add equal amount of dry, brown materials.

Step 3:

Worms need air! Every now and then, give the worm farm a stir with a gardening tool.

Step 4:

Cover your worms with a worm blanket, old cloth, shirt, towel or damp newspaper. Secure the lid and you're good to go!



For more information or to order your subsidised products today please scan the QR code.

