Red Wiggler Worm Care

The number of worms will determine how much food can be added to your bin. Red wigglers eat their own weight in kitchen scraps each day. For each cubic foot of worm bin, plan on using a half-pound of red wigglers. One pound of worms is about 1000 worms. Be careful not to make the soil too wet, or your worms may drown. Always keep your worms cool and moist but not wet.

Foods Worms Like:
Apples, artichokes, bananas, beans, beets, bran, bread, broccoli, cabbage, cantaloupe, carrots, celery, cereal, citrus fruits*, coffee grounds*, corn meal, cornmeal, eggshells (washed out), grapes, honeydew melon, kiwi, lettuce, oatmeal, pancakes, papaya, pears, peas, peaches, potatoes, raisins, rice, spinach, tea bags*, tomatoes, turnips, watermelon*, zucchini
*Feed in small quantities

Do Not Feed these Foods to Worms:
Meat, poultry, or dairy products
Heavily salted foods
Manure from dogs, cats, or horses
Animal feeds
Grass clippings
Garlic, onions

Setting up a Worm Bin

Use a covered bin with plenty of air holes punched in the sides and top. Punch holes in the bottom for drainage and place a tray or bin under the worm bin. Good bedding for the worms can be shredded newspaper or shredded paper that is lightly moistened. Avoid using colored inks or glossy paper. Fill the bin with about a foot of bedding for large bins. Add the red wiggler worms to the bin and place food scraps under the newspaper.

Use only red wigglers since field worms will not live in the bin. The worm castings are rich plant fertilizer. The liquid produced by the worms can be diluted (10 parts water to 1 part worm liquid) can also be used as a liquid fertilizer for your plants.
Quart Worm Jar

**MATERIALS:**
Glass jar (quart size or larger)
Soil
Red wiggler worms
Hammer, nail
Dark cloth or paper
Food waste
Tape

**DIRECTIONS:**
1. Remove the lid from the jar. Using a nail and hammer, punch holes in the lid of the jar. Don’t punch the holes into the lid when it is on the jar!
2. Add the moist soil to fill about half of the jar.
3. Sprinkle some food waste into the jar.
4. Add 10 worms on the top of the food waste.
5. Add the lid to the top of the jar.
6. Slip a dark piece of paper or dark material around the sides of the jar.
7. Tape the paper or material in place.

**HAPPY WORMS:**
Keep the worms cool and moist. Every six weeks or so, add a small amount of food for your worms to eat. When worms outgrow the jar, set up a larger bins for them.