

Quick Start Recipe for Worm Bin

Ingredients

Bin: Plastic Sterilite 10 Gallon Bin from Wal-Mart: \$3.50+Tax

Bedding: Old newspaper, Hand or machine strip shredded, moistened: Cost next to none.

1-2 handful of dirt: Grit need for worm to chew: Free

Worms you have purchased: \$\$\$\$\$

Optionally, a drill and a 1/4" drill bit, borrow from a friend if you don't have them...

Optionally, two handful of chicken mash per pound of worm as a feeding indicator...

Directions

Optionally drill 8-10 1/4" holes on the side of the bin for air circulation. If you are planning to feed them everyday, the opening of the lid will let in enough air to last them for a week.

Hand shred or machine strip shred some old newspaper. Wet it down with water, and squeeze out the excess water. Fluff it before place in the bin.

(If you use the cross cut paper shredder, mix evenly with half peat moss to increase fluffiness. Make sure the peat moss is also moist without water collecting on the bottom of the bin.)

Throw in 1-2 handful of dirt and mix in the bedding to help the worms chew on the food and for their digestive tract.

Tear open the paper bag that hold the worms and dump it out as much as you can. Leave the bag in the bin and covered it with newspaper bedding. It will become their food down the road.

NO FEEDING FOR THREE DAYS

Optionally, sprinkle a handful of chicken mash after the 3 day period. Check back after 7-10 days, when it is completely consumed, than feed another handful again. Check back 3-5 day, when it is gone, the worms are ready to process your kitchen waste.

TWO KEYS TO SUCCEFUL WORM FARMING

Keep the bin on the dry side will prevent odor and other insect invasion. Feed only what your worms can eat. (Add more worms **OR** reduce feeding.)

