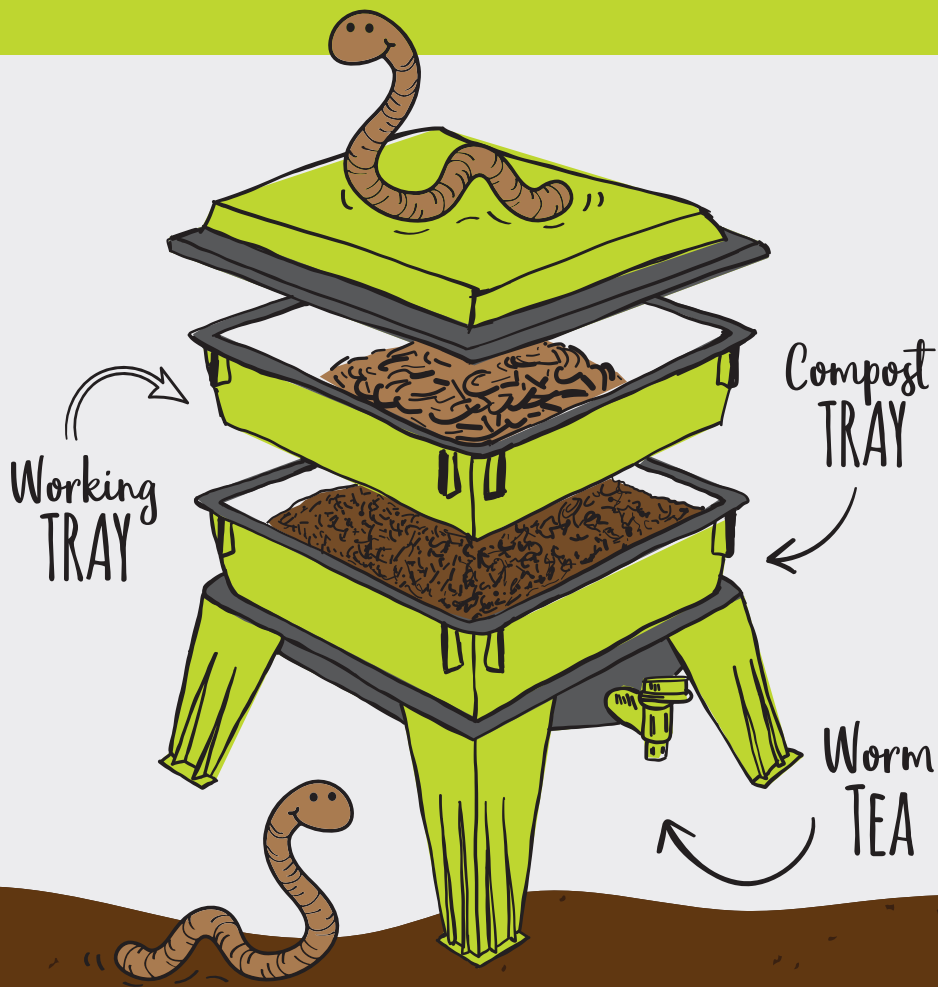


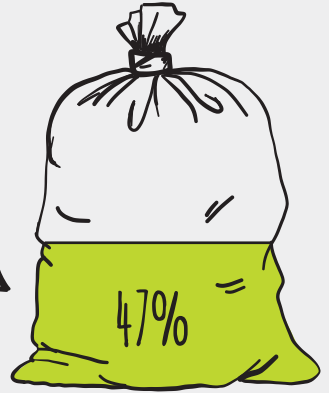
HOW TO: WORM FARM



A LOT OF WHAT WE THROW IN THE BIN DOESN'T BELONG THERE!

We opened up our rubbish bags and found that 47% of our rubbish was food waste.

That's **4.11KG** per week



Here's the top foods we throw out that worms love to eat!

- Banana.
- Potato.
- Leftovers.
- Tea/teabags.
- Apple.
- Mixed vegetables.
- Carrot.
- Eggs.
- Broccoli.
- Pumpkin.
- Cabbage.



That's around **90KG** OF FOOD PER house each year that could have BEEN FED TO WORMS!

A WORM FARM IS A GREAT WAY YOU CAN DEAL WITH YOUR FOOD WASTE AT HOME AND CREATE RICH COMPOST FOR YOUR GARDEN

Benefits of your worm farm:

- Quick and easy to deal to your food waste.
- Lightens your rubbish bag.
- Creates natural fertiliser for free.
- Stops methane gas production by removing your food waste from landfill.
- Small in size.



GREAT WAY to save your MONEY!

WHAT CAN WE FEED OUR WORMS?

Worms are a little fussy. Imagine they are like a tricky customer at a café. Worms are gluten free, dairy free and vegetarian! They also don't like spicy or strong foods. Forgive them, they actually live in the food you give them and they don't have thick skin.

70%
FOOD SCRAPS
AND WASTE

GREENS

YES

Fruit and veg scraps.

Tea bags.

Coffee grounds (But not too much! Coffee addicts need to limit their worms' coffee intake).

Crushed eggshells.

Cat, dog or human hair.

Manure from guinea pigs or rabbits (or any other vegetarian pets).



30%
PAPER

BROWNS

YES

Newspaper.

Cardboard.

Toilet rolls.

Egg cartons.

Used paper towels.

Pizza boxes.



{NO shiny paper or magazines}

WHAT CAN'T WE FEED OUR WORMS?

Here are some things you should avoid feeding your worms and will keep your worm farm smell free!

NO

Meat, bones and all dairy.

Spicy food.

Citrus skins.

Cooked or processed foods like bread and pasta.

Oils and liquids like soup.

Dog and cat poop.



**YOUR WORMS
WON'T LIKE
THESE!**

LOOKING AFTER YOUR WORMS

Bin location

Keep your worm farm out of out of direct sunlight and rain.



**BE SUN
SMART**

WHAT'S THE BEST WAY TO FEED OUR WORMS?

Worms can only eat their own body weight per day

Take it easy at the start and feed them a small amount, every couple of days. Increase how much you feed slowly over six months and the worms will increase in population at the same time. You have a happy balance when all the food you put in there is eaten by the worms in about a week.

How to feed your worms:

1. Pull back the paper, cardboard or carpet cover.
2. Place the food scraps where there is free space. Don't put new food on top of food that is still unprocessed by the worms.
3. Sprinkle a tablespoon of lime over the entire surface.
4. Replace the cover over the new food scraps.



HELPFUL HINTS

- Feeding your worms once a week is fine (once they are established).
- Keep the tap open and collect the worm tea for your garden!
- Cover just over half of the top of the bin with food scraps at one time.
- Keep a 5cm layer of shredded paper or several pizza boxes as a cover on top to help reduce fruit flies. Top it up as the worms eat their way through it.
- Keep the bedding moist but not too wet. To test, squeeze a handful of the vermicast (the brown stuff that the worms have made). It should only release a couple of drops of water.

Too wet: add paper

Too dry: flush with water



**JUST ADD
PAPER!**



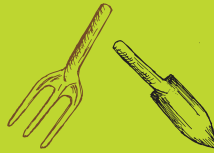
GETTING THE GOODNESS OUT OF YOUR WORM FARM

Vermicast is a fertiliser that is created from your worm's droppings!

It is full of nutrients and is great to use in your vege patch, as mulch in your garden and even to make worm tea.

Your vermicast is ready to harvest when the lower layers of the worm farm smell earthy and look like dark, fine compost. You should only be able to see a few worms. Take this layer and place it on top and leave the lid off for a day. The sunlight will drive those remaining worms down into your active food layer.

WORM TEA RECIPE



1.

Get a 10L bucket.

2.

Mix equal amounts of worm castings with the equal amount of water. 1kg of worm casting and 1L of water is about right.

3.

Leave over night.

4.

Fill the bucket up to the top to dilute the mix.

5.

Feed the plants that need a pick me up or vegetable plants that are heavy feeders. You will see them thrive!

yay! **HAPPY AND**
healthy plants





Waste Less,
WAIPĀ!

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