VERMICOMPOSTING
COMPOST WITH WORMS!

Why Compost?
- 40% of food grown in the U.S. is never eaten
- 20 pounds of food per person per month is wasted
- 90% of us throw away food before it has spoiled
- The average family could save $1,500 per year
- 1 in 8 Americans face food insecurity

What is Vermicomposting?
The decomposition of organic materials through the use of worms.

Benefits vs Drawbacks

Benefits:
- Compost indoors all year-round
- Very low cost to build your own bin
- It's easy!
- Does not require yard waste

Drawbacks:
- Worms can’t eat everything
- Harvesting castings can be time consuming

Worm castings are the richest natural fertilizer on Earth!

ULSTER COUNTY RESOURCE RECOVERY AGENCY
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Red Wiggler Ecology
_Eisina Fetida_
Red Wigglers are the best for home composting!

What Worms Want:
Darkness, dampness, coolness, and lots of stuff to eat!

Red Wigglers have a rapid reproductive lifecycle, also making them great for composting.

Tips for Feeding Worms
- Size matters! Aim for all food scraps to be 1/2 inch in size!
- Monitor moisture, bedding compaction, dryness
- **Worms like** vegetable skins, peels, coffee grounds, loose leaf tea, crushed egg shells...
- **Worms don't like** meat, bones, fish, citrus, dairy products...

Worm BinBedding

What is it?
- shredded newspaper
- shredded brown paper bags
- etc..

Why is it important?
Bedding protects the worms from heat and light, allowing them to keep cool and decreasing flies from odors.