An Introduction to Vermi-composting
Presented by Chris Sieff

2 general types of worms ___________ and ______________

The type of worm most adaptable for worm bins is __________ also called __________, scientific name Eisenia fetida (I SEE nee a FET id a)

Happy Worms=
Temperature _______________
Moisture
Air/Ventilation
Grit
Food

These items are OK:      These items are NOT OK:
Apples   Molasses               Meat waste and bones
Baked Beans   Onion Peel           Foul odors
Banana Peels   Orange Peel         Attracts flies
Biscuits   Pancakes
Cabbage   Pineapple
Melons   Paper
Celery   Pizza Crust
Cereal   Potato peels
Coffee Grounds   Tea Bags
Corn Bread   Tomatoes
Cucumber   Turnip leaves
Lettuce

Recommended reading:  Worms Eat My Garbage by Mary Appelhof   ISBN:0-942256-10-7

Taking worms out of their natural environment and placing them in containers creates a human responsibility. They are living creatures with their own unique needs, so it is important to create and maintain a healthy habitat for them to do their work. If you supply the right ingredients and care, your worms will thrive and make compost for you. Happy and successful composting!