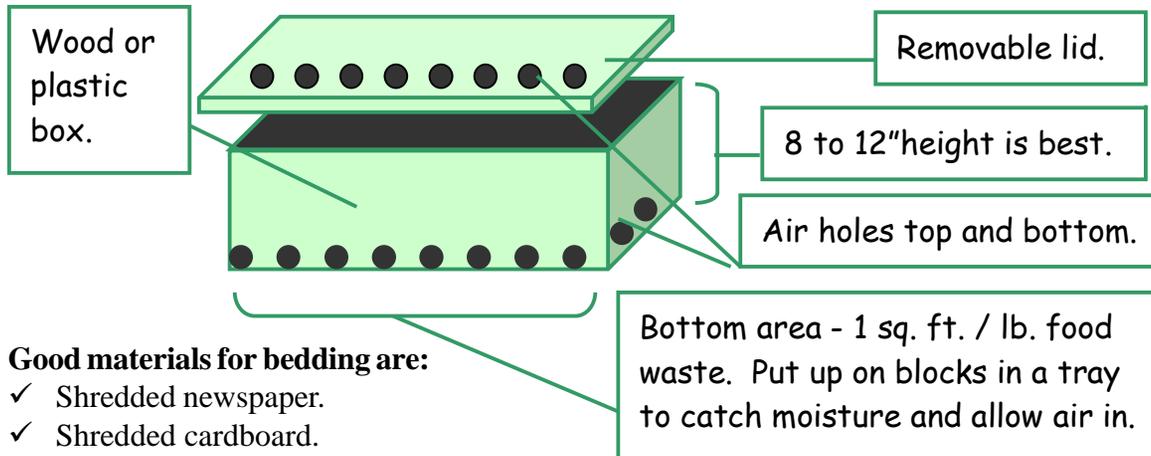


1) Get a worm bin. Add bedding and worms.



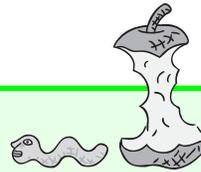
Good materials for bedding are:

- ✓ Shredded newspaper.
- ✓ Shredded cardboard.
- ✓ Chopped up straw and dead plants.
- ✓ Peat moss.
- ✓ Sawdust from untreated wood.
- ✓ Aged cow or sheep manure.

The bedding should feel like a damp sponge. For best results use a variety of materials and fluff it up to let the air in.

Add enough worms to eat your food waste.

Red wigglers eat half their weight in food waste every week. For example, if you produce 1 lb. of waste you need 2 lb. of worms.



2) Feed your worms.

Feed your worms a variety of food once or twice a week. Chop food into small pieces. Bury it under the bedding in a different place each time. Worms need sand or crushed eggshells occasionally for their digestion.

DO feed your worms these foods:

- ✓ Fruit & veggie scraps.
- ✓ Grains, cornmeal, & breads.
- ✓ Coffee grounds & filters, tea bags.
- ✓ Dried, crushed eggshells.
- ✓ Small amounts of citrus fruit.

DON'T feed your worms these foods:

- χ Foods with oil, salt, or vinegar.
- χ Garlic, onions, chives, or shallots.
- χ Pet food; meat, fish, or dairy.
- χ Hard root veggies like potatoes.

3) Maintain temperature, moisture, acidity, air.

- ✓ Keep the temperature 15 to 22 C. Worms die if they freeze.
- ✓ Worms need water to breathe, but too much water kills them.
- ✓ Worms don't like too much acidic waste such as oranges & tomatoes.
- ✓ Gently stir the bedding every few weeks to let air in.

4) Pick 1 of 3 methods to harvest your compost.

Side-to-side:

Push everything to one side of the bin. Put new bedding and food in the empty space. Worms gradually move to the new area. Scoop out the finished compost.

Bright light and scoop:

Take off the lid and shine a bright light your bin. The worms move to the bottom, away from the light. Scoop off the compost until you see worms. Give them new bedding.

Dump-and-sort with kids:

Dump your bin out on a large plastic sheet. Pick the worms out by hand. Put them back in the bin with fresh bedding.

5) Troubleshooting

If you have fruit flies:

- ✓ Make sure you bury the worm food in the bedding, don't leave it on top.
- ✓ Freeze food scraps before they go in the worm bin.
- ✓ Cover the top of the contents of the bin with a plastic sheet.

If your compost smells bad:

- ✓ Add crushed eggshells and cut back on acid foods.
- ✓ Take out some food and wait to add more.
- ✓ Unblock air holes or drill more.
- ✓ Add dry bedding.
- ✓ Stir the contents of the bin.
- ✓ Take off the lid.

If your worms seem unhappy or try to escape:

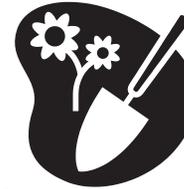
- ✓ Add water if dry, bedding if wet.
- ✓ Add crushed egg shells to reduce acid.
- ✓ Stir bedding for air.
- ✓ Move to a different place to change temperature.
- ✓ If you have too many worms, start a new bin or give some to a friend.

Need More Info?

City of Yellowknife
Public Works and Engineering
<http://www.yellowknife.ca>

Books:
'Worms Eat My Garbage' by M. Appelhoff. Flower Press. 1997

Information on Composting and How to Build Your Own Bin:



<http://www.yellowknife.ca>
click on the recycle icon

Where to get worms:

Ecology North:
Phone: 873-6019
Email: admin@ecologynorth.ca

Dirt Willy Ecology & Bait Farm Ltd.:
Ardrossan, AB
Phone: (780) 922-6080

Printed on 100% recycled paper



Indoor composting in Yellowknife



- even in winter!