How To
WORM FARM

Worms turn your food leftovers into rich soil-like ‘castings’ which are great for feeding plants.
Worm farms can be kept outside, inside, on the balcony or in the garage.

1. Choose the site
Pick a well-shaded spot so that your worms don’t get too hot.

2. Collect worm food
Worms like to eat vegetable and fruit peelings, pulp from the juice, tea bags, crushed egg shells, bread and small amounts of soiled paper and cardboard (such as shredded egg cartons). Smaller scraps are easier and quicker to digest so blend your scraps with water before feeding your worms.

Worms’ least favourite foods are dairy products, butter and cheese, meat, fish, fat and bones, very oily foods and citrus, onion and garlic.

3. Make a worm bed
If you don’t want to buy a worm farm you can build one with boxes or make a worm bed in your garden.

Worm farms are typically 30 cm deep, 60 cm wide and 90 cm long, have holes in the base to allow air in, have good drainage and are covered with hessian or underfelt. A base or tray underneath will provide good drainage and catch liquid that you can use on your garden.

Make some bedding from a combination of finished compost, leaves and soggy paper. The bedding should be torn or shredded to allow the worms to move easily. Make the bedding layer 10–15 cm deep.

Now add between one and two thousand worms. You can buy worms directly from commercial worm growers or through your local nursery. Spread the worms out gently on the surface and allow them to burrow down.

Start adding your kitchen scraps regularly and in small amounts by placing them in the box and covering them with bedding material or a handful of soil or compost. Only add more food once most of the worms’ previous meal has been eaten.

4. Harvest worms
Move the worm castings/compost (vermicompost) all to one side of the worm farm and add fresh bedding to the empty side. The worms will migrate to the fresh bedding in a few days so that the valuable worm castings can be taken out and used.