

Your
guide to

worm
farming





What is it?

Worm farming is a way to make fertiliser for your garden by using special composting worms that eat food scraps, paper, and garden waste. The worms produce two types of fertilisers: solid castings and liquid worm tea. Taking care of a worm farm is easy if you give the worms the right amount of food, avoid giving them things they don't like, and feed them the right mix of green and brown materials.

How to start:

Choose a spot sheltered from the sun. Prepare your worm farm with a layer of damp, well drained bedding such as coconut fibre, shredded cardboard/ paper, or compost, then add your worms. You can purchase red wigglers or tiger worms from a composting worm supplier. The worms will burrow into the bedding material and begin to feed on the food waste you add.

What to feed your worms?

Worms like a ratio of about 70% green to 30% brown materials.



Greens: these are organic materials that are full of nitrogen. They usually rot quickly. Examples are fruit and vegetable scraps, coffee grinds, tea bags, crushed eggshells and fresh, green lawn clippings.

Browns: these are organic materials that are full of carbon. They can take a longer time to break down. Examples are dry leaves, wet newspaper and torn up cardboard.

What not to feed your worms?

Avoid adding spicy foods, meat, dairy products, bread, pasta, cooked or processed food, citrus or acidic foods, onions, oils and liquids such as soup. These can all be harmful to the worms. Use a Bokashi Bin for most of these items instead.



Grow your worm population:

Worms can eat a lot, but it's important not to overfeed them. Start by giving them a small amount every day or two and take out anything that gets mouldy. Over the first six months, you can gradually give them more food as their population grows. Eventually, they'll eat everything you give them quickly because there will be so many worms.

To keep your worms healthy, it's important to give them enough air and moisture. Make sure your worm farm is damp but not too wet and has good drainage. If your worm farm has a tap, leave it open and put a bucket underneath to collect the liquid fertiliser. To help keep the pH balanced and make sure there's enough air in the farm, you can use a garden fork to mix it up and add things like torn up egg cartons or shredded paper.

How to take care of your worms:

What to do with the worm castings?

When the bottom layers of your worm farm start to smell earthy and look like dark, fine compost, it's time to collect the castings. You might only see a few worms left at this point. You can use the castings in your garden by spreading them around your plants or mixing them with water and pouring the mixture around the base of your plants.



tip:
Mix one part
worm tea
to 10 parts
water

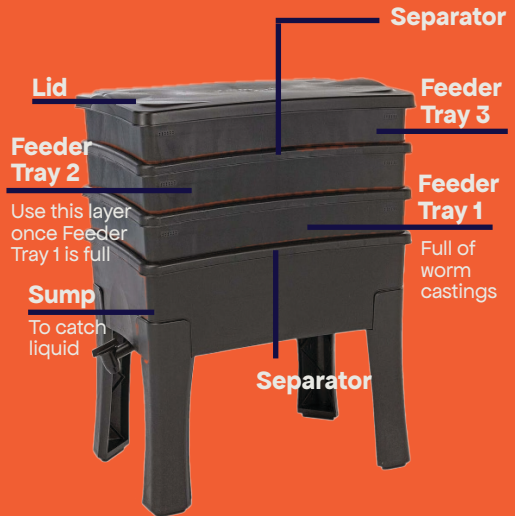
What to do with the worm tea?

Make sure the liquid can always drain freely into a different bucket. If you want to use the liquid as plant fertiliser, it's best to mix it with water until it looks like weak black tea (one part worm tea to 10 parts water). Apply this mixture regularly around the base of your plants for a healthy and nutritious boost.

Two types of worm farms:

Stacked

These worm farms are separated into different layers. They have a place to collect liquids and two stacked trays that are rotated every so often. You can collect the middle layer of castings when the top layer is two-thirds full.



Continuous Flow

These worm farms have a single chamber with an open space where worms live. You can add food scraps to the top layer and collect castings and worm tea from the bottom.



Thanks!



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