

# WORMS AT WORK

## HOW TO KEEP YOUR WORMS HEALTHY

### NO MEAT, FISH OR DAIRY



### What worms eat?

A bit of most things is a good rule.

Any fruit & vegetables

(onions, tomatoes and citrus sparingly).

Tea bags, tea leaves, coffee grounds.

Cake, biscuits and bread (sparingly).

Shredded newspaper and cardboard  
(eg pizza boxes and egg cartons).

Crushed egg shells and hair clippings.

### General care

Put worm farm in a shady spot.

Don't leave the worm farm lid off.  
(worms don't like light).

A 2cm thick layer of food scraps per  
week is ideal. Too much becomes  
smelly and acidic.

Cut food scraps into small pieces eg.  
2cm cubes, or smaller.

A cover layer of moist newspaper, hes-  
sian sack, or a doormat keeps them  
moist and warm.



## Worm Farm

Once the top tray is full, swap it with the lower tray (so that the empty tray is on top) and then start adding food scraps as you did before. The worms will slowly work their way up, leaving the castings in the lower tray.

The bottom area of the worm farm collects fluid (worm juice) that drips down from the upper tiers of the worm farm. Empty the fluid into a container once a week by opening the tap and use on your garden.

## Rewards

Worm juice is a liquid tonic that will help your plants grow healthy and strong. Dilute worm juice in water to the colour of weak black tea before use.

Their castings (worm poo) can be sprinkled onto pot-plants and garden beds.

To learn more about practical local things to do to be good to the world, call in at the EcoCentre in St Kilda Botanical Gardens or contact us on the details below.

