

WHAT IS VERMICOMPOSTING?

Vermicomposting is the process of using worms to produce rich compost from kitchen wastes.

HOW DOES VERMICOMPOSTING WORK?

- Worms are placed in a dark bin with paper, water and a food source.
- One pound of worms can process half a pound of kitchen scraps each day.
- Food scraps from plants are best suited for your worms to compost. This includes vegetable and fruit trimmings, coffee grounds, pasta, bread, cereal, tea bags, and various paper products. Avoid citrus, spicy peppers, as well as spicy and acidic foods, and animal products such as meat, eggs, and cheese.
- The worms eat the food and paper, their waste is called Worm Castings, and is a very safe, affordable and effective fertilizer for plants.

**TRY IT YOURSELF
AT HOME!**

**Your plant babies
will love you for it!**

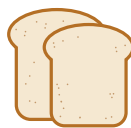
DO COMPOST



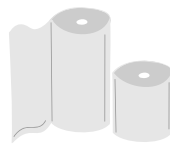
Fruit and
Vegetable
Scraps



Coffee
Grounds



Bread

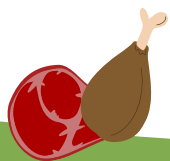


Paper
Products

DON'T COMPOST



Citrus



Meats



Eggs



Cheese

