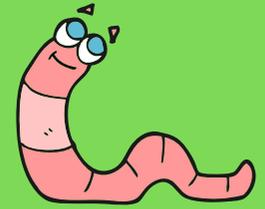


# VERMICOMPOSTING



## Maintaining Your Vermicomposter

The little wigglers enjoy mainly vegetable scraps, tea and coffee grounds and some fruit leftovers, so be sure to stay clear of meats, fats, nut shells, dairy, onions, potatoes and too much citrus fruits or banana peels! Every day or two you can put in some new scraps with damp paper towels, cut into strips.

### Tips:

- \* Keep an eye on how much they munch to make sure they are getting through your additions, as the population grows more scraps can be added.
- \* Make sure your food scraps are always covered with the damp paper towels, this will help to avoid any odours or fruit flies.
- \* If maintained properly, your composter should never have any of these issues. However, if you feed the worms foods they do not like, they may attempt to escape!

## Harvesting Compost

It is recommended the compost be harvested about every 4 to 6 months. The best way to do this is to feed the worms in one corner of the bin a few days leading up to the collection time. This way, when it is time to harvest the goods, the worms will be nestled together in the bin.

