



Indoor COMPOSTING Instructional Brochure



Indoor Bin Supplies

- 12 gallon plastic tote for worms
- Plastic tray to place the tote in
- Small hand shovel
- Mulched leaves
- Moist shredded newspaper
- 1.5 pounds of soil peat moss mixture
- 8 to 9 inch thermometer (Candy thermometer works well too.)
- One 8 foot by 8 foot tarp or large plastic sheet
- One pound of red wiggler worms
- One gallon of meat and dairy free kitchen scraps
- Several clean, dry eggshells crushed in a mill or with a rolling pin.
- 8 cups of water

Preparing Your Bin

1. Drill 1/2 to 1 inch holes evenly around your tote. Place your tarp flat on the ground.
2. Place your mulched leaves and shredded newspaper in a pile on your tarp.
3. Sprinkle your soil peat moss mix over the leaves and newspaper.
4. Put your kitchen scraps in a bucket and chop into bite-size chunks.
5. Dump about 1/2 of the food scraps onto the bedding on the tarp.
6. Pour the water over the mixture.
7. Mix all of the ingredients together.
8. Sprinkle crushed egg shell powder over mixture.
9. Mix again.
10. Dump the mixture into your worm bin.
11. Place tray under tote to catch residual soil or moisture.

Getting Started

1. Add worms to the bedding.
2. Distribute remaining food scraps to each corner of the bin, cover with bedding.
3. Add a final layer of shredded paper and mulch, then watch the worms convert your food waste into nutrient-rich compost!



Food (Exclusively for Red Wigglers)

- **Fruit:** Apples, pears, banana peels, strawberries, peaches and all melons
- **Vegetables:** Beans, cabbage, celery, carrots, cucumbers, tomatoes, all greens, corn, corncobs and squash
- **Cereals and Grains:** Oatmeal, pasta, rice, non-sugared breakfast cereals, corn meal and pancakes (small amounts)
- **Additional Sides:** Coffee filter paper, tea bags, crushed eggshells, dead flowers, newspaper, cardboard, paperboard, paper egg cartons and brown leaves
- **Do Not Feed:** Meats, poultry, fish, dairy, junk food, oils, candy, oranges, lemons, limes and shiny or coated paper.

Location & Temperature

- Make sure the lid is on securely. Place bin in a cool, dry place during the summer and a warm place during the winter.
- Don't use clear bins, our friends will shy away from the light.
- Worms like their home to be a bit moist and at 55 – 77 degrees.

Maintenance & Mixing

Let your worms get to work at what they do best!

1. Check your worm bin at least once a week to make sure:
 - Bin is not too wet or dry (worms will try to escape)
 - Mold is alright however cover it with a layer of leaves.
 - They have enough food, alternate corners to encourage movement throughout the bin.
2. Maintain a layer of moist shredded newspaper/leaves over the bin mixture to discourage fruit flies and to keep the bin dark and moist.
3. Harvest time: When there is a thick layer of soil (castings) on the bottom of the bin, remove the loose material from the top and place on tarp. Remove the castings in large handfuls and place in mounds on the tarp. Use the loose mixture and add ingredients like when you started your bin. Add to bin. You will have mounds of castings left. Let them dry slightly, they can be covered for several hours. Pick up the mounds and you will notice all of the worms have moved to the bottom center of the mound. Place them back in the bin. Enjoy your rich castings while the worms get back to work!

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COMPOST



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8% of American's report composting their yard and kitchen waste. Are you a part of the solution?

