

Worms are hard workers, processing your food 'waste' into nutrient rich plant food and soil conditioner. Here are a few tips on how to keep them happy!

WORM FARM INPUTS

40 - 50%

Nitrogen

Food scraps
Green waste

50 - 60%

Carbon

Paper, cardboard
hay

AS NEEDED

Water

Sprinkle water when
adding carbon to moisten

Spread feed layer evenly : keep less than 50mm thick

YES PLEASE!



Most fruit and
veggies



Teabags



Coffee
grounds



Egg shells



Egg cartons,
toilet rolls



Paper towel
tissues



Vacuum dust



Uncoated
paper

NO THANKS!



Citrus
Pineapple



Onion, garlic
Spicy foods



Bread, pasta,
processed food



Dairy
Oils



Meat
Fish

We regularly update the education area on our website, which includes answers to frequently asked questions, troubleshooting tips and videos. Check it out and join the conversation!

KEEP IT COOL

Heat is the number one enemy of worms. Keep your worm farm out of the sun, somewhere that stays cool.

In very hot weather take action - keep a frozen bottle of water buried in the top of the farm until the weather cools.

NOT TOO MUCH

Overfeeding can lead to an unbalanced, air-starved environment, with food rotting before the worms can eat it.

Spread the food out and keep the feed layer no more than 50mm thick.

BALANCE IS KEY

Keeping a balance between nitrogen [food scraps] and carbon [paper and cardboard] will ensure a happy worm farm.

Whenever you add nitrogen, add as much [or more] carbon - easy!

FLUFF IT!

Worms need to breathe, so let the oxygen flow. Give the top 2-3 inches a fluff up every now and then with a fork to let the air in.

Adding paper and cardboard also keeps the feed layer open and airy.

PESTS

A worm farm is a natural environment and will attract other living beings. Some insects may be a sign of imbalance - ants can mean too dry, flies can mean too much food waste and not enough carbon.

Check our FAQs page for details of pest management.

SMELLS

A healthy worm farm will only smell like rich soil. If you have acrid or rotting smells then too much food waste and not enough carbon has been added.

Add a lot of carbon, give it a good mix and fluff it up to let the air in.