Love your worms

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Top tips for happy worms

Worm farm inputs

<table>
<thead>
<tr>
<th>40 - 50%</th>
<th>50 - 60%</th>
<th>As needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nitrogen</td>
<td>Carbon</td>
<td>Water</td>
</tr>
<tr>
<td>Food scraps</td>
<td>Paper, cardboard</td>
<td>Sprinkle water when adding carbon to moisten</td>
</tr>
<tr>
<td>Green waste</td>
<td>hay</td>
<td></td>
</tr>
</tbody>
</table>

Spread feed layer evenly: keep less than 50mm thick

YES PLEASE!

- Most fruit and veggies
- Egg cartons, toilet rolls
- Teabags
- Coffee grounds
- Vacuum dust
- Uncoated paper
- Egg shells

SMALL AMOUNTS

- Bread, pasta, rice
- Processed foods

NO THANKS!

- Citrus
- Onion, garlic
- Spicy foods
- Plastics, foils, non-organics
- Dairy
- Oils
- Meat
- Fish

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.

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.

Www.wormlovers.com.au/FAQs

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!