



DIY
Worm Farm
Guide

Hello from The Urban Worm and welcome to the world of worm farming! You are now an official environmental hero.

Worm farming at home is the perfect environmentally conscious solution for dealing with your kitchen scraps by helping to keep valuable organic waste out of landfill sites whilst producing a very special product which makes your plants very happy.

The byproduct of worm farming commonly referred to as worm castings or worm manure is a superior, nutritionally rich compost and fertiliser, teeming with minerals and nutrients essential for healthy plant growth.

By setting up a worm farm you are helping to protect the earth, and the great thing is you don't even need a garden to get started, your worms will happily live under your kitchen sink.

Lifecycle of a worm



Golden cocoons laid 4-5 days after mating.



Juvenile worms hatch in 23-30 days.



Sexually mature in 60 days.

Worm farm facts

Fact 1.

Cleopatra was the first worshipper of the worms, declaring them sacred.

Fact 2.

Worms can create one inch of top soil in 5 years. It takes nature 500-1000 years to do the same.

Fact 3.

Worm manure contains 50% more humus than top soil.

Fact 4.

One teaspoon of worm manure contains more microorganisms than people on the planet.

Fact 5.

Worms are hermaphrodites, and can double their population every 60 days.

Fact 6.

Worms have survived two mass extinctions.

Fact 7.

A group of worms are called a squirm of worms.

Fact 8.

Worms have five hearts, that's why they love you so much.

Feeding your worms

As a rule of thumb 200g of worms (approx 200 worms) should be fed 50-100g a day. It is always better to add partially decomposed kitchen waste as it is easier for the worms to eat and chopping food finely helps to break it down faster. Add food in thin layers to avoid compaction or bury in the worm bedding. Avoid acidic and oily food, as well as meat and dairy.

It is always better to under feed your worms rather than over feed them and if the food is not being eaten stop feeding for two weeks.

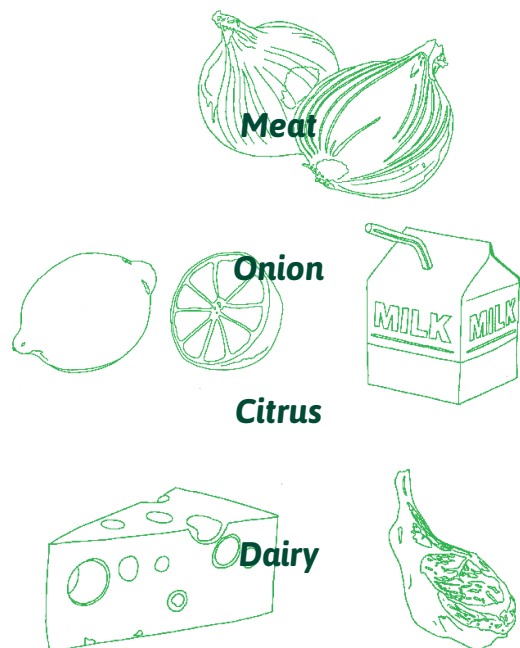
As with regular composting 30% carbon should be added to your Worm Farm which also absorbs excess moisture. Shredded paper, toilet rolls or egg cartons are a great source of carbon, and worms especially love corrugated cardboard.



Yes please

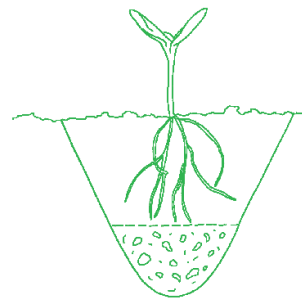
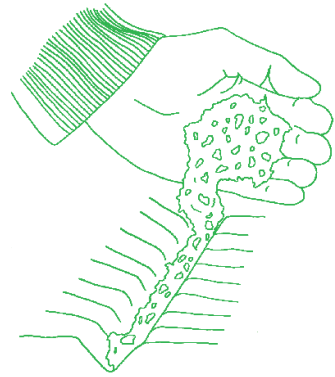


No thanks



Worm manure for your garden or house plants

Teeming with beneficial microorganisms, minerals, nutrients, growth hormones and natural insecticides worm manure provides the foundations for strong root development, healthy plant growth and disease suppression. Worm manure can be applied at 100% to plants without scorching the roots, however for best results mix at a ratio of 2:10 with regular compost, it's superior water holding capacity is excellent for hanging baskets and vertical gardens which often loose moisture.



Worm tea

The liquid collected from the bottom container of your worm farm is a sufficient liquid plant feed when diluted 1:10, however this is called leachate and should not be confused with worm manure tea. Leachate can contain microbes harmful to plants if your worm farm has become anaerobic.

To brew your own worm manure tea seep one handful in an old pair of tights in 2 litres of water, leave for 24 hours and stir occasionally. For use as a natural insect repellent use as a foliage spray. Repeat every 3-4 weeks throughout the growing season.

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Design by Saria (Maria Rosaria Digregorio)

Illustrations by William Harvery and Verna Poppy

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