

Welcome to the worm farming family!

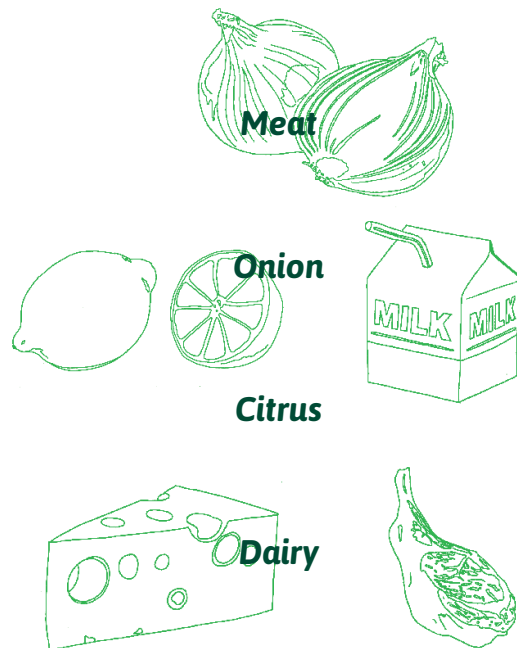
Worm farming is the perfect low-tech solution for dealing with our kitchen scraps, helping to keep organic waste out of landfill whilst making the world's finest organic fertiliser and compost. Worm manure is teeming with minerals and nutrients essential for healthy plant growth, root development and disease suppression.

You are helping to build resilient communities by providing the foundations for organic growing, promoting a circular economy and closing the loop on food waste: happy worm farming!

Yes Please



No Thanks



Worm care

Worms are pretty easy to please but they do require a certain amount of care and attention. As a rule of thumb, 500g of composting worms (approx 500 worms) should be fed 100-200g a day, although when starting off add only a handful of waste for the first two weeks.

It is always better to add partially decomposed waste as it is easier for the worms to eat and chopping food finely helps to break it down faster. Do not overload, adding in thin layers to avoid compaction and suffocation. Sprinkle a little grit every two weeks using the sand provided, this aids digestion and helps break down the food waste in the gizzard. Baked and crushed eggshells can be used for this purpose, which also balances the alkalinity. Keep out acidic and oily food, as well as meat and dairy.

In the case of a fly infestation sprinkle a little diatomaceous earth on the surface of the worm farm. This stops the flies from laying eggs.

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 a few weeks.

Adding paper absorbs excess moisture and provides a source of carbon. Worms require a moist environment to thrive, ideally the dampness of a

sponge. If the worm farm is too wet it will become anaerobic (without air) and smelly, and the worms will suffocate. Mix 30% paper to food waste and make sure to shred into small pieces.

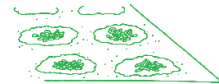
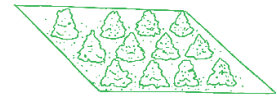
Worms thrive at temperatures between 10-30 °C. Keep your worm farm out of direct sunlight in the summer to avoid over heating and during the winter add layered cardboard or an old sheet inside the worm farm to stop the cold air flow. Expect your worms to slow down during the winter.

Top Tips

1. Worms have tiny mouths, always split open your tea bags.
2. Always keep the drainage tap open to avoid worms drowning with a bowl underneath to collect the liquid fertiliser.
3. Do not put garden worms in your worm farm, use composting species only.

Harvesting worm manure

After 6-8 months your worm farm should be ready to harvest some worm manure. Empty the worm manure on to a plastic mat via the harvesting door. The majority of the worms will be living at the top in the fresh rotting waste. To separate the worms from the worm manure make several little mounds. The worms will gradually migrate to the bottom to avoid the light. Every 5-10 minutes tap the worm manure off the top. Repeat this until all the worm manure has been harvested and you are left with only worms. Return them to the worm farm and begin the process again.



Plant care

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 1:10 with regular compost. Worm manure has excellent water holding capacity, which is especially good for hanging baskets and vertical gardens. Use the liquid fertiliser drained from the tap at a dilution of 1:10 for a plant feed.

www.theurbanworm.co.uk



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Set in Asap {open source font by Omnibus-Type}

and Angeline Vintage {free font by Burntilldead Typefoundry}