



Reln Worm Cafe

# Worm Farming

Worm farming turns a lot of food\* waste into a small quantity of very rich fertiliser – liquid and solid. It's a good choice for people who have only got small courtyard type gardens and no lawn clippings etc.

• All raw or cooked foodscraps are OK except meat and dairy foods. And don't put too much citrus/onion (more than 2 whole onions or lemons equivalent) in at once.

## YOU WILL NEED:

- **Worms!** If you can't get some worms from a friend or neighbour we suggest that you: Buy 1000 worms (Bunnings have 1000 worms for \$50, Worm Affair brand, a WA business.
- **A shady spot for your worm farm, outside or in your laundry if you have space.**
- A 'wet blanket' for the worms: Make a **BLANKET** the size of your wormfarm, from old towel, rug or natural carpet OR buy a ready-made Worm Blanket from your hardware. Keep it wet most of the time - keeps the worms moist and cool via evaporation.

If you buy a **Worm Café** it includes a full instruction book and a block of coir (coconut fibre.) To help you set up, you might like to see this *You Tube clip*: [youtube.com/watch?v=0mL7hbnjZw8](https://www.youtube.com/watch?v=0mL7hbnjZw8)

- Soak the coir block in about 7L of water for about 15 mins, breaking it up by hand.
- Set up **BASKET 1** (the one above the 'Tank') with the cardboard packaging, then the wet coir as bedding.
- Spread your worms on top of the bedding and cover with blanket
- Put the lid on and let them settle in, for 1-2 days before feeding them your foodscraps. They will eat the coir & cardboard in the meantime.)

## FEEDING YOUR WORMS

Pull the blanket back and add chopped up foodscraps, but only cover about half the area at a time. Don't let food build up; over-feeding can mean uneaten food goes rotten and smelly. *If this happens, stop feeding for a few days and gently dig around a bit to aerate the foodscraps.*

**WHEN BASKET 1 IS FULL, ADD BASKET 2** so the worms can wriggle up into it to get new food scraps. Make sure the bottom of the new basket is touching the food below, so the worms don't have to jump the gap! Add basket 3 when basket 2 is full.

## USING YOUR WORM 'TEA' & CASTINGS

Drain the 'Worm tea' from the Collector Tank regularly as it's more potent when fresher. Water it down about 10:1 and feed your favourite plants and any that are not thriving. *And the easiest way to make the most of the 'castings' is to add a handful to a bucket of water and use them as you use the worm tea.*

**TO HARVEST THE SOLID CASTINGS** take the top basket ('feeding tray') off and set aside temporarily. This will leave the basket below exposed to the light for about 10 minutes. The worms will go down away from the light and you then scrape off the top ~15mm of castings which will now contain no or very few worms. If you need more castings, wait another 10 mins and scrape off another ~15 mm.

If you need **all** the castings, put the tray that you want to harvest *above the feeding basket*, expose to light – scrape – expose to light – scrape – etc. The worms will repeatedly move down into the tray below (feeding basket), and you will have collected castings with only a few worms in it.

**Note: Harvest castings only lightly in hot weather so you leave worms enough mass to keep cool in.**

## Tips for heat waves

In summer, keep foodscraps fresher by putting them in the fridge until you are ready to feed the worms. During heatwaves, if your worms are outside you can help them keep their cool by completely burying plastic bottles of frozen water in the food under their blanket. Consider bringing them into your laundry if you are going off for a summer holiday.