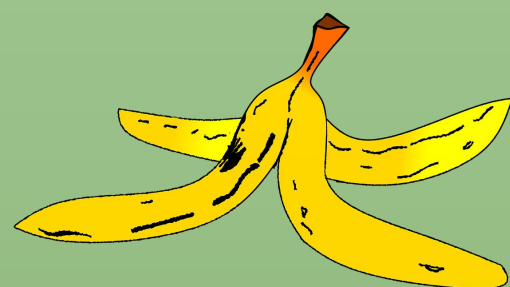
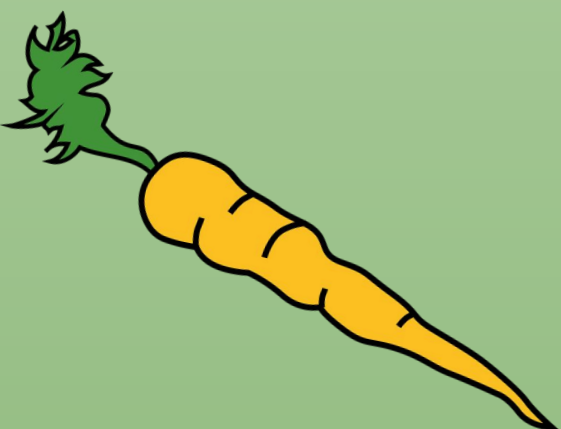
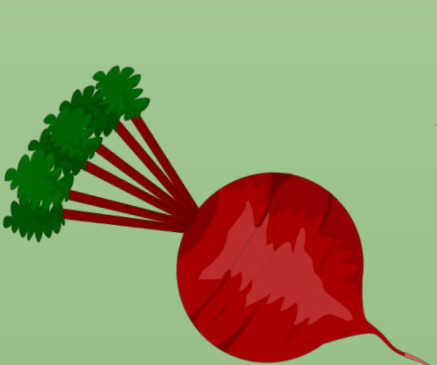
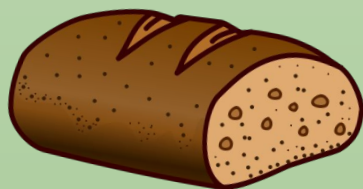
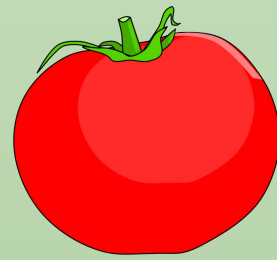


WHAT CAN I FEED TO THE WORMS?

Vermiculture is a highly effective tool for urban farmers. On the UW Farm, we use a large population of red wiggler worms to break down food waste generated on the farm and turn it into high quality, nutrient-dense compost to put back into our soils!

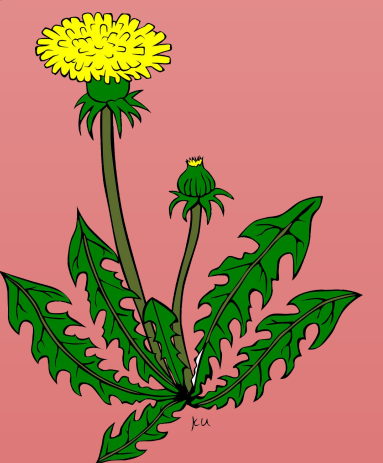
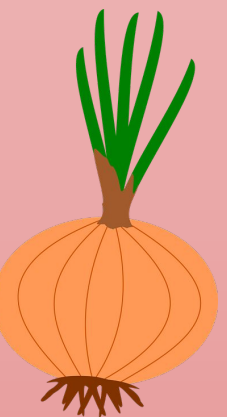
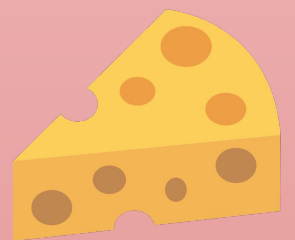
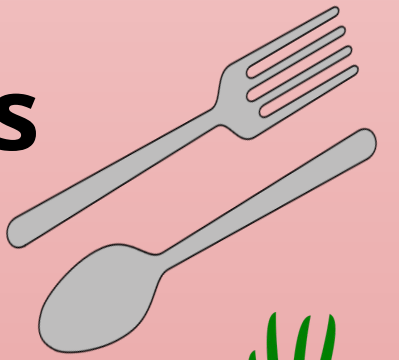
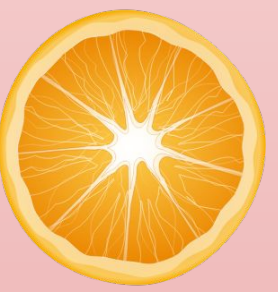
YES:

- Leafy greens
- Most produce from the farm
- Unbleached paper and cardboard
- Leaves, grass clippings
- Non-acidic food waste
- Teabags
- Coffee grounds
- Bread/ pizza crust
- Non-citrus fruits



NO:

- Meat, bones, fats, oils
- Citrus fruits
- Compostable plastics
- Dairy products
- Onions/ garlic
- Weeds
- Diseased/ pest infested plants
- Plastics and non-biodegradable materials
- Sticks or twigs



When feeding the worms, cover the new food with a layer of existing compost, leaf mulch, or shredded newspaper! Worms don't like light, so they will only eat and process our waste if it is buried or covered.



For more information, ask a farm staff member or visit our website. Thank you to the Campus Sustainability Fund for funding the vermicompost facility, and graduate student Michael Bradshaw for initiating the program. Poster designed by Julia Macray, Vermiculture Intern 2022.