

ALL ABOUT VERMICULTURE

HOW WORMS CAN TURN WASTE INTO SOMETHING NEW!

WHAT IS VERMICULTURE?

Vermiculture refers to the process of cultivating worms to break down food waste into a nutrient-rich fertilizer called vermicompost.

WHAT IS VERMICOMPOST?

Vermicompost means worm compost. Composting worms called red wigglers can eat up to half their weight per day, so the worms rapidly eat their way through food waste and organic matter, breaking it down into valuable compost. But the greatest benefit of vermicompost is actually what follows the worms' food scrap meal - worm poop! These worm castings are rich in essential nutrients and make an incredibly effective fertilizer.



WHAT CAN WORMS EAT?

- Non-acidic fruit and vegetable scraps
- Coffee grounds
- Eggshells
- Teabags
- Paper scraps
- Dried leaves
- Grass clippings
- Seedless weeds
- Laundry lint



WHAT CAN THEY NOT EAT?

- An excess of citrus fruit scraps/peels
- Dairy products
- Meat and bones
- Cooked food, oils, fats
- Diseased or poisonous plants
- Seedy weeds
- Plastic and other non-biodegradable materials



HOW DOES VERMICOMPOST HELP THE FARM?



Vermicompost is an exceptionally nutrient-rich organic fertilizer that increases the overall health of both crops and soil. We can use vermicompost to boost plant growth, promote essential microbial life in the soil, increase soil water retention, and provide plants with readily available nutrients such as calcium, iron, potassium, sulfur, and phosphorus.

WHY SHOULD WE PRACTICE VERMICULTURE?



One of the primary benefits of vermiculture is that it not only reduces our food waste, but it changes the way that we think about our "waste" in the first place. When we put our food scraps into our vermicompost system instead of throwing them away, it's now a resource rather than a waste. In nature, everything is cycled through the environment, and nothing is wasted. By feeding the worms our leftovers, we are contributing to a natural cycle that will eventually lead back to feeding us.