



# Vermicomposting

## How to Get Started

1. Prepare a “home” for the worms. Purchase a ready-made worm composter or use a storage tote. Worms are photophobic, so choose an opaque color with a tight lid, if making your own. Drill holes into the bin using a 1/8” or 1/4” drill bit. Drill about 15 holes on the bottom and at least 8 holes on each side and top.



*Drill about 15 holes for drainage in the bottom and about 8 on each side and into the lid.*

2. Raise tote onto wooden blocks or bricks to elevate it for easy drainage. Place a tray beneath the tote to catch “compost tea”.

3. Make bedding for their home. Fill the bin with shredded newspaper and add a couple of handfuls of soil to assist with the worms’ digestion. Add water with a spray bottle to the newspaper. The moisture content should be the same as a squeezed-out sponge. You may also add shredded leaves or dead grass clippings to expand your nutrient composition.

4. Add worms! Many seasoned vermicomposters have worms available to donate. Post on [nextdoor.com](https://www.nextdoor.com) or a social media group to ask for worms. If you have no luck with the group, check with Fort Collins Nursery or contact the “Worm Man” through [cowormman.org](https://www.cowormman.org). Lastly, contact CSU extension for local resources. Bait shops might have some for sale. You’ll want to request “Red Wigglers” or “Eisenia Fetida”.

5. Care for the worms. Moisten the bedding about once a week with a spray bottle of water. “Fluff” the bedding when you water the bin, to allow proper air circulation. Add plenty of food 1 – 3 times per week. Worm’s diet: kitchen fruit and veggie scraps, crushed egg shells, coffee grounds, pasta, and bread. It’s helpful to blend the food or cut it into small pieces. Do not put meat, dairy or foods with preservatives in your bin. Beware of overfeeding, which will promote unwanted odors and pests, like springtails, mites and fruit flies.

