



What Is Vermicomposting?



Vermicomposting means using Red Wiggler worms to turn food scraps into super soil.

"Vermi" means worms.

"Composting" means turning old food and plants into dirt that helps new plants grow.

So vermicomposting = worms making dirt for us.

How does it work?



1) We give worms food scraps like:

- Banana peels
- Apple cores
- Lettuce leaves

2) The worms eat the scraps.

3) The scraps go through the worms' bodies.

4) What comes out the other end is called worm castings.

(That's just a polite word for worm poop...worm poop is AMAZING plant food!).

Where do they live?

They live in a **worm bin**:

-A box with damp shredded paper or dirt

-Kept cool and shady

-Not too wet, not too dry

-It should feel like a wrung-out sponge.

Why?

Through **Vermicomposting**, worms help turn old food into new soil.

New soil helps grow new plants.

New plants give us more food.

