PRODUCT KNOWLEDGE FOR WORMS AND WORM CUPS
VERMICOMPOSTING – WHAT TO FEED YOUR WIGGLY, ECOLOGICAL ENGINEERS!

YUMMY - Foods you should feed your worms:

- Fruit and vegetable scraps, (i.e. banana peels, watermelon rinds, leafy greens, etc.).
- Used coffee grounds.
- Washed, dried and ground eggshells, (these can be broken down to a powder in a blender).
- Paper fiber, (such as; paper egg cartons ripped down to small pieces and soaked with water).
- Decaying leaves from trees.
- Weeds.

YUCK - Foods you should not feed your worms:

- Spicy food, chili, onion and garlic.
- Meat and dairy products, (basically any animal by-products).
- Breads, pasta and grains.
- Cooked or processed food.
- Citrus fruits or acidic foods.
- Oils and liquids such as soups and sauces.
- Grass clippings, (when they release methane during the decomposition stage, this kills worms.

NIC WHERE NATURE THRIVES
NATURAL INSECT CONTROL