



# Wormfarming

## *Worms love to eat ☺*

- Fruit (non acidic)
- Vegetables
- Leftovers
- Moistened non-glossy paper
- Egg cartons
- Tea leaves / bags
- Coffee grounds (in moderation)
- Cooked grains and pulses
- Cardboard
- Broken down foods (the smaller the better)
- Wet shredded cardboard or paper acts as a bulking agent and aerator. This will speed up the breakdown process

## *Worms tend not to eat ☹*

- The citrus family
- Uncooked onion or garlic
- Chili
- Volatile oils, for example eucalyptus leaves
- High protein substances, such as meat, bones, tofu (small amounts are acceptable)
- Cat and dog poo (due to associated health risks)
- Bread (small amounts are acceptable)
- Uncooked grains and pulses
- Garden clippings (small amounts are acceptable)

Castings: Straight onto the garden or as potting mix.

Liquid Fertiliser: Dilute to a weak tea colour and use as a fertilizer.

## Websites

NSW EPA **general wormfarming information**  
[www.epa.nsw.gov.au/envirom/wormfarm.htm](http://www.epa.nsw.gov.au/envirom/wormfarm.htm)

ABC **for information on how to make your own wormfarm**  
[www.abc.net.au/creaturefeatures/make/wormfarm.htm](http://www.abc.net.au/creaturefeatures/make/wormfarm.htm)



### Trouble shooting: Moisture Levels

Condition	Symptoms	Remedies
Too wet (common)	Unpleasant odors	Tear up some dry newspaper or egg cartons and gently bury them into the bedding. There is not enough oxygen in the farm, causing a smelly anaerobic process
Too dry	Slow break down  Attracting many ants	Spray the bedding layer repeatedly to keep it moist. Keep a wet newspaper or Hessian layer on the top of the bedding layer and remove the farm from the sunlight.  Ants can be controlled by placing the legs of the farm in small buckets of water, or putting Vaseline around the base of the farm.
Just right	No smells, no unwanted visitors	If the farm is located outdoors, excess rain may enter and if the farm is located indoors, it may dry out.

### Trouble shooting: pH Levels

Condition	Symptoms	Remedies
Too acidic (common)	Vinegar flies or sour smells	Stop feeding the worms fruit and coffee grind for at least 1 week. Sprinkle approximately 2 tablespoons of garden lime or wood ash onto the food layer and spray with water.
To alkaline (rare)	Excessive lime	Add more fruit.
Just right	No flies, unwanted visitors, no rotting food, worms are eating well	Feed the worms a variety of food. Like humans, worms need a balanced diet.

## References & Further Resources

The Watershed Sustainability Resource Centre, 218 King Street Newtown, 9519 6366

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Tyler, M (1992) Earthworms, Bookshelf Publishing, Australia.

French, J (1999) Soil Food, Aird Books, Australia.