

Step-by-Step Instructions for Starting a Worm Composting Bin:

- 1.) Soak the coir brick that comes with the bin in a large bowl or bucket with a gallon of water.** It will swell as it soaks up water. After a few minutes, break up any chunks to speed up the process.
- 2.) Tear corrugated cardboard up into palm-sized pieces. (This is easier if you throw a box in the shower for 20 seconds, then flip it and wet the other side. Let it sit for 5-10 minutes, then tear it up).** Tear up enough to fill half the tray, then soak with toilet paper tubes and paper towel tubes in a bucket of water for 5 minutes.
- 3.) Dip 2 full sheets of newspaper in water to moisten,** and fold them to fit over the bottom of the bin while the cardboard and coir are soaking. This will keep castings from dropping through the bottom at the start.
- 4.) Chop kitchen scraps up into small pieces.** (Chopping isn't absolutely necessary, but it speeds up composting and is highly recommended for your first tray.) In a large bowl or bucket, mix the scraps with an equal amount of dry shredded bank statements or newspaper.
- 5.) Lift the cardboard out of the water and place it in the bin.** Mix the food/shredded paper mixture into the cardboard. If you're using coir, add it at this time as well.
- 6.) Spread a handful of good garden soil, and/or fresh worm castings from an active worm bin, over the surface.** If you live near old trees, dig up a couple handfuls of leaf mould or duff from under the trees, and spread it over the surface as well.
- 7.) Mix everything together with your hands.** Your worm bin is now ready for your worms.
- 8.) Dip 2 full sheets of newspaper in the cardboard soaking water to wet the paper, then spread it out on top of the bedding.** Fold the edges so the damp paper forms a cap over the entire surface. The newspaper holds in moisture, makes it more difficult for fungus gnats and fruit flies to lay eggs in the castings, and provides a cool, dark shelter for your worms.
- 9.) As soon as your worms arrive, remove the damp newspaper from the top of the bin.** Open the box and carefully shake the worms out over the surface of the bin. They may be balled up into a big mass that plops out into the bin, but that's okay, they'll spread out and make their way down into the bedding on their own.
- 10.) Replace the damp newspaper "cap" for the bin.** Don't feed them again until the bin ecosystem kicks in and castings start accumulating under the newspaper.