

# Indoor Composting with Worm Bins

Live in an apartment where you may not have a compost bin in the yard? Want to see how organic waste decomposes (breaks down) into a rich fertilizer—OK, it’s really worm poop—that’s great for potted plants?

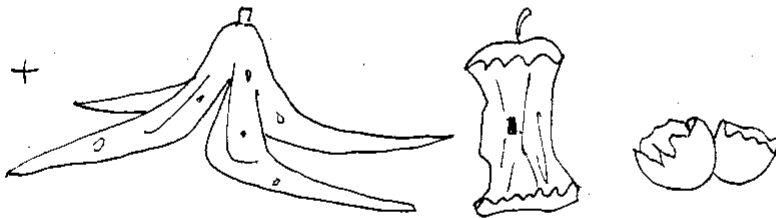
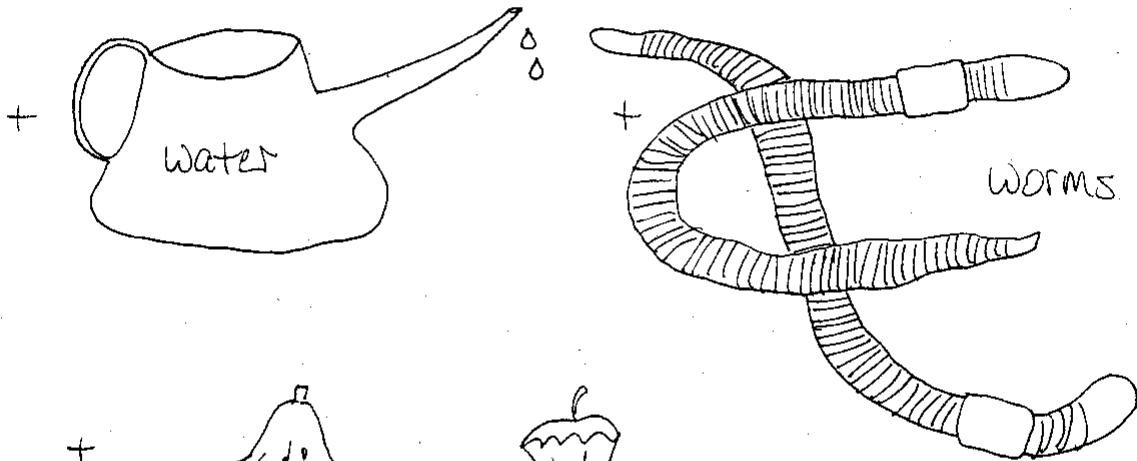
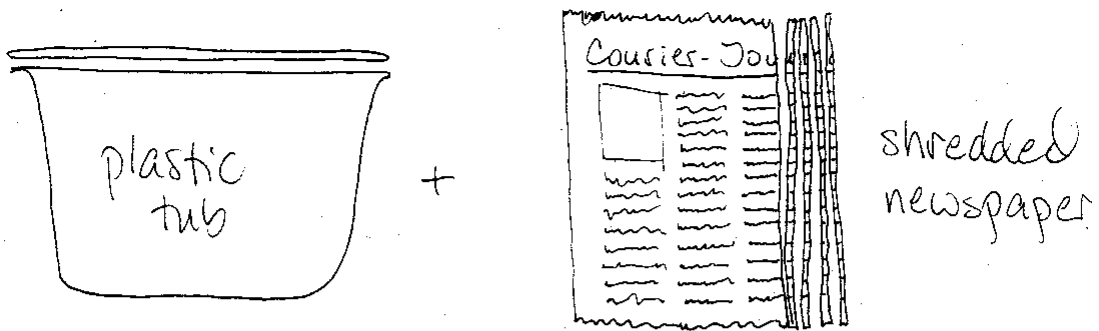
Create a worm bin, and use “vermicomposting” to recycle fruit and vegetable scraps. Keep it under the kitchen sink or any cool, dry indoor place. It’s a great classroom project, too. Just follow the instructions on the back of this page, and these tips:

1. Choose a bin that could hold two or more gallons.
2. If you can’t find newsprint to cut into ¼”-wide strips, find someone who puts office paper through a shredder. Don’t use coated paper, such as magazines.
3. Use Red Wiggler (*Eisenia fetida*) worms—bought at bait shops or by mail order—not Earthworms or Night Crawlers.
4. Don’t put the bin in direct sun, or it will overheat. And don’t let it freeze.
5. If moisture condenses on the bin’s sides or lid—or if the bin begins to smell bad—it contains too much water. Open the lid for an hour or so to let it dry out. If the problem recurs, ask an adult to poke a few holes into the lid.
6. Make a list of the foods the worms eat. Don’t feed them foods they ignore. Add an egg shell for calcium; add another after only it’s gone.
7. When the volume of castings (poop) is more than the volume of paper, remove some of the castings and add more shredded paper.

For learn more, buy or borrow this book from your school or public library:<sup>1</sup> Mary Appelhof and Joanne Olszewski, *Worms Eat My Garbage, 35th Anniversary Edition: How to Set Up and Maintain a Worm Composting System: Compost Food Waste, Produce Fertilizer for Houseplants and Garden, and Educate Your Kids and Family*, 2017 or any previous edition

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<sup>1</sup> The [Louisville Free Public Library](#) has copies.



kitchen waste



dark, rich worm castings  
or excellent plant food

**WORM  
BOX  
RECIPE!!!**