

مزارع الكويت العضوية  
KUWAIT ORGANIC FARMS

# Compost Worms Care Guide

## What Are Compost Worms?

Compost worms are worms that live in the top layer of the soil and feed off of organic waste, such as dead leaves or kitchen scraps.

## What Do Compost Worms Do?

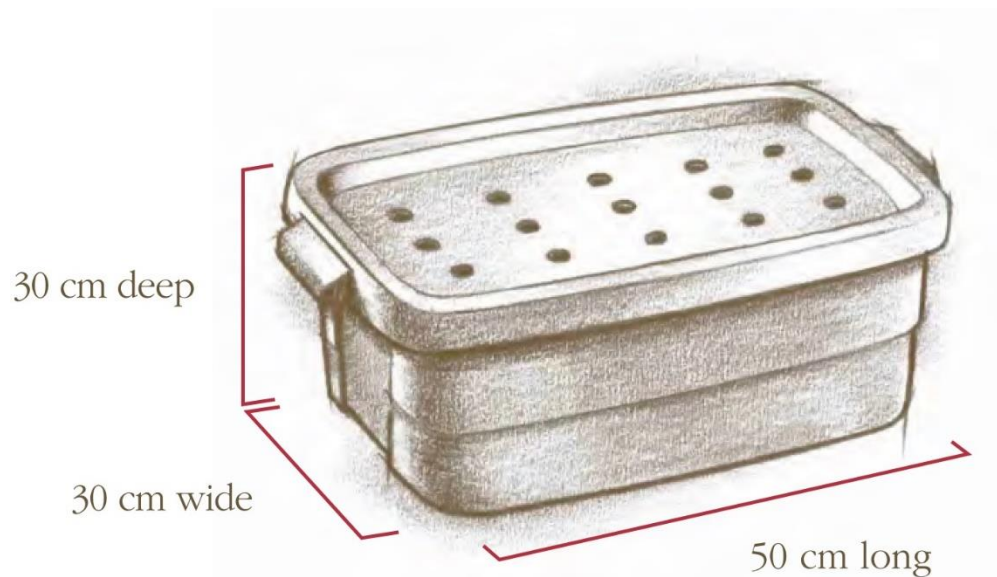
- Convert kitchen scraps into rich worm castings.
- Aerate soil and improve water holding capacity.
- Increase beneficial microbial life in the soil and improve pest resistance.



*Indoor worm farming (Vermicomposting) produces no smells or pests if done correctly!*

## How To Compost Indoors

1. Setup a container that is roughly 30cm deep and drill holes 7mm or larger into the lid (the more the better)
2. Add fresh bedding like coco peat, peat moss or dried-up leaves to the bin and moisten.
3. Add anywhere from 50 to 1000 worms to your bin depending on how much food you want to feed them to be able to eat initially (they will double in quantity every 70 days!)
4. Store the container under the sink or in any hidden place and add scraps regularly.





*Worms need moisture to breathe and love the dark, in a properly managed bin worms will not escape, even without a lid!*

### Types Of Compost Worms

Worm Type	Max Length	Max Weight	Temperature	Life Span	Reproductivity	Waste Consumption
Red Wiggler	12 cm	0.5 gr	(5-32) °C	4-5 years	★★★★★	★★★★★
African Night Crawler	20 cm	2.5 gr	(7-35) °C	3-4 years	★★★★★	★★★★★
Indian Blue	7 cm	0.15 gr	(15-32) °C	2 years	★★★★★	★★★★★

### What To Feed Compost Worms

- leftover vegetables, fruits, leafy greens, coffee grounds, and pretty much anything that grew on a plant.

### What not To Feed Compost Worms

- Onions, Garlic, tomatoes, Citrus, pineapple, spicy foods, dairy, meat, oily foods.



*Don't overfeed if you want to avoid foul smells, add enough food to last 4 to 5 days roughly. As your worms multiply you can feed them more and more!*

### How To Harvest Worm Castings

**Migration Method:** Move all the material over to one side of the bin. Place new bedding and new food waste on the other side for the next four to six weeks. The worms will gradually migrate over and the finished compost can be removed.

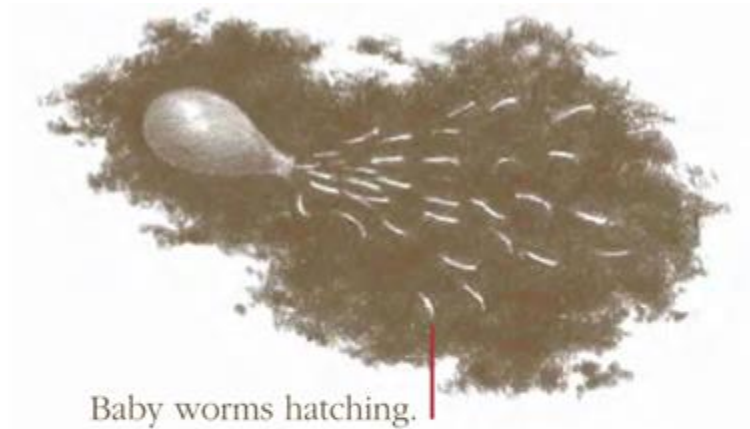
**Light Method:** Leave the lid open to let light drive the worms deeper into the compost. Once or twice a day, scoop off the top worm-free layer for use. Repeat.

## How To Use Your Worm Castings

Vermicompost worm castings are a nutrient-rich fertilizer and soil enhancer produced by your compost worms after digesting the organic matter fed to them. If you are preparing a new soil mix, use a ratio of one part compost to three parts potting soil. To use it as a top-dressing sprinkle 0.5 cm on top of your soil every few months. You can also sprinkle the compost when sowing garden seeds or in new planting holes when planting new flowers or vegetables.

## Multiplying Your Worm Colony

If you maintain your worms at 25° C, monitor moisture, and feed regularly. Your worm population will double every 70 days or even sooner, depending on the type of worms you are raising. After 1 year a colony of 1000 worms can turn into 32,000 worms



An adult worm can grow to a length of 60 mm.

## Got Problems?

Symptom	Problem	Solution
<i>Strong, bad smell</i>	Not enough air circulation	Fluff bedding. Make sure bedding or compost is not blocking air holes in the lid.
	Too much food in the bin	Feed worms less food and /or less often.
	Improper food added	Remove meat, dairy and oily products. Orange peels can emit a strong odour as they break down.
	Food exposed	Bury food completely.
	Anaerobic (no oxygen) condition	Add bedding to absorb moisture, allowing air to fill in the spaces instead of water.
<i>Fruit flies and/or springtails</i>	Food exposed	Cover food completely. Freeze food prior to placing in the bin to kill insect eggs.
	<i>Pile is wet or water is pooled on bottom</i>	Too much water added to bedding, or food was too juicy, or water in frozen food was not accounted for Add dry materials, such as shredded newspaper, to absorb excess moisture. Leave lid slightly ajar to allow for evaporation.
<i>Mouldy food</i>	Too much food or food not palatable	Remove mouldy food.