

# Worm Composting Cheat-Sheet

A **5-Step** approach to any successful worm bin

## 1. Cool

While composting worms can certainly live outside their comfort zone keeping temperatures around 55 – 65°F will be optimal. (13 - 18°C)

## 2. Moist

“You have to squeeze it to get water out.” The “damp sponge” theory has always been the standard. There is always an allowance to deviate for everything in worm composting. It can be slightly wetter and slightly dryer. Generally, the worm bin should always get enough moisture from the food you put in. Always keep a spray bottle next to the bin to help control moisture. It may dry out on top first. When this happens ...[Sprints It!](#)

- a. The worm castings should stay together when squeezed but you don't want it to drip when you barely squeeze it either.
- b. If it falls apart after squeezed then it's too dry.

Keep burlap, damp sheets of newspaper or equivalent on top of the material to keep in moisture.

## 3. Dark

Just like in nature, composting worms are found under the decaying material during daylight hours. Your worm bin is a synthetic copy of their natural habitat at optimal conditions. Chances are your worm bin is already light proof. If going the D-I-Y route make sure you use opaque and not amorphous colors.

## 4. Food

The #1 cause of death to worms by most beginners is OVERFEEDING! This causes excess moisture/water. The worms can't keep up with the food supply. This causes the food to turn sour, smell, and block the oxygen from penetrating. All of this invites unwanted pests into your worm bin.

Feed the worms 2 generous handfuls of food per 1 pd of worms in one area of the worm bin. Keep it under the material by at least 2 inches. When you see the food almost gone then feed some more.

## 5. Air

Most manufactured worm bins have good aeration but if you have a plastic bin or some other D-I-Y system be sure to create ventilation holes. As methane gas is released from top it draws in oxygen from underneath the bedding. As worms turn through the bedding they will aerate the material on their own creating ventilation chambers for oxygen to pass through.

**6. Privacy** – This isn't really a priority to remember. I just want to stress that the less disturbed your worms are then the more productive they will be. Check on the worms 1-2 times/week or more or less.