

COMPOSTING WITH

WORMS ACTIVITY



Composting is a great way to reduce things from ending up in the trash. Many things can be composted (vegetables, fruit, eggshells). Special worms called redworms that are great for helping with this! Once the worms eat and break down the compost they produce “super dirt”. This “super dirt” is actually worm poop and can be used in your garden and on your plants to help them grow strong!!!

How can you start your own???

1. Find a bin to use. You can reuse an old dresser drawer, fish tank, build your own box out of wood or find/buy a plastic bin.
2. Prepare the worm bedding.
3. Add the **worms**.
4. Bury your food scraps under the bedding.
5. Place a full sheet of dry newspaper on top of the bedding.
6. Cover and choose a spot for the bin.
7. Make sure to keep the bin out of direct bright sun and keep your worm friends fed with those yummy scraps!!!

Compostable household materials include:

- fruit and vegetable scraps
- eggshells
- coffee grounds and filters
- grass clippings
- leaves, twigs and branches
- newspapers