

RESOURCES:

Books:

These books are available at local libraries, bookstores and some nurseries.

- ✓ *Worms Eat My Garbage*
by Mary Appelhof
- ✓ *Let It Rot* by Stu Campbell

Web Resources:

- ✓ www.kingcounty.gov/soils
- ✓ www.seattle.gov/util/yard
- ✓ www.savingwater.org
- ✓ gardenhotline.org/languages



Composting yard waste and kitchen scraps is one of the best and easiest things you can do to reduce waste and grow a healthy, sustainable garden. Using compost in your garden recycles nutrients and organic matter that help grow trouble-free plants with less water, fertilizer or pesticides.



**FREE CONSULTATION,
CONTACT US NOW!**

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**Environmental Stewards
2022-23**



THE WONDERS OF VERMICOMPOSTING:

Turning Food Waste into
Nutrient-Rich Soil with Worms



www.ecoss.org



King County



Do the **do's**
not the **don'ts**

DO'S

Bury in garden, compost in worm bins or food digesters **Greens:** Fruit and vegetable trimmings, bread and grains, coffee grounds and filters, tea bags, fruit from the yard.

Natural materials:

Newspaper, cardboard, fall leaves, clean sawdust or shavings.



DON'TS

Do not compost or bury:

- Meat, fish, poultry or dairy products—put in disposal or trash.
- Pet wastes—bag in plastic and put in trash.
- Evergreen leaves, sawdust or shavings from painted or treated wood.
- Coated paper



WORM BIN COMPOSTING

STEP 1. GET A BIN.

Use a 1-foot-deep sturdy wood or plastic box with a tight-fitting lid and holes drilled in the bottom for drainage to create a worm bin. It can be made from various materials such as plastic containers, old cupboards, or plywood.



STEP 2. FILL THE BIN WITH NATURAL MATERIALS.



Worms need a mix of moist natural materials, such as leaves, cardboard, hay, or wood shavings. Soak dry materials before adding and fill the bin to the top to prevent temperature extremes.



STEP 3. ADD WORMS.

Choose red worms (red wigglers or manure worms) for composting, not earthworms or nightcrawlers. Use one pound (one pint of pure worms) per food scrap volume.



STEP 4. BURY FOOD SCRAPS.



Create holes or trenches in the natural material layer and bury food scraps 1-2 inches thick, covering them with a few inches of natural material. Bury in a different spot each week to maintain a balanced diet for the worms.



STEP 5. HARVEST COMPOST AND WORMS.

After 6 to 12 months, compost should be ready for harvest. To add new natural materials, push compost to one side and fill the other side. Bury food scraps in the new layers until worms migrate. Harvest and replace with fresh natural materials. To pick out worms for fishing, shovel compost into a pile and wait 15 minutes. Scrape away the outer layer to find worms at the bottom.



COMPOST. IT'S GREAT FOR YOUR GARDEN!

Reducing waste is just the beginning to the benefits from composting at home. When you use the finished compost in the garden the savings of time, effort and money just keep growing!



FROM SCRAPS TO SPLASH:
HOW COMPOSTING CAN MAKE A SPLASH IN
PROTECTING OUR WATER RESOURCES

Composting can lead to cleaner water by reducing the amount of organic waste sent to landfills, which can contaminate groundwater and produce methane gas. Composting also creates nutrient-rich soil that can improve soil quality and reduce the need for chemical fertilizers, helping to prevent runoff and protect water quality.