Vermicomposting

Today on Gardening in a Minute: vermicomposting.

Worms are efficient eaters, and you can use them to convert kitchen scraps into compost through a process called vermicomposting. It reduces landfill waste and provides you with a great soil amendment.

Vermicomposting is fun and easy. You can construct your own worm bin or purchase a ready-made bin.

Next you’ll want worms, and red wigglers, or redworms, are the kind you’ll need.

Create bedding for your worms with non-toxic, fluffy materials like shredded newspaper, composted manure, peat moss, or any combination of these. Keep the bedding moist but not wet.

Your worms need a dark, cool place to work, so keep your bin out of the sun and make sure it has air holes.

Once they’re set up, one pound of worms can eat half a pound of food scraps every day!

For more information about vermicomposting and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida’s Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.