

Worm Menu – what to feed your worms.

Don't forget to add the carbon rich stuff as well as the greens

Yes to: 'Greens' , (nitrogen rich waste) – add 70% - 80%	Yes to: 'Brown' , carbon rich waste – add 20 – 30 %	A la carte delicacies: Add occasionally when you find – none are essential.	OK to: (in moderation) Some people chose to avoid these completely.	No to:
Fruit peelings (worms love banana skins – a good source of potassium)	Cardboard – tear up in small pieces, and sprinkle with water to dampen it.	Composted manure - add a 1 or 2 inch layer every 6 weeks – adds valuable soil life. Worms love it!	Onion skins (too acidic)	Meat and Fish – these will be broken down in a wormery but may spread disease eg BSE.
Veg peelings eg potatoes, carrot, (not onions)	Newspaper / waste paper – shredded.	Garden soil (just a handful here and there) – adds grit for worm gizzards and soil life.	Citrus (too acidic)	Dog / cat poo
Coffee grounds and tea bags.	Wood chip - composted if possible. (Avoid fresh pine wood chip)	Nettles – chop up and add a layer occasionally – rich in nitrogen and trace elements.	Oily food	
Leftover cooked foods (avoid adding in large quantities)		Comfrey leaves – chop up and a layer occasionally – rich in potassium and trace elements.	Spicy foods	
Bread, rice, cereals, pastries, cake		Liquid seaweed fertiliser – adds trace elements and promotes soil life. Effective but expensive and far from essential.	Anything very salty (eg fresh sea weed)	
Egg shells – crushed			Fine sawdust	
Green waste compost			Grass cuttings	
Cut flowers			Garden waste	
			Processed food	
			Cheese	



Licensed by Mark Ridsdill Smith / Vertical Veg 2012 under a Creative Common

Attribution-NonCommercial-ShareAlike. This license lets you copy and build upon this work non-commercially, as long as you credit Vertical Veg and license your creations under identical terms.