Getting Started With Vermi-Composting

Transform Food Scraps in a Small Space in the City of Long Beach

5 Reasons to Start VermiComposting

- REDUCES food waste
- CREATES a valuable soil amendment
- PREVENTS greenhouse gases
- IDEAL for small spaces
- EASY to do

Vermicomposting is the process of using worms to convert food scraps into a nutrient-rich fertilizer, compost.

Find more tips and resources at longbeach.gov/lbrecycles

All About Worms

- Use only Eisenia Fetida (aka "Red Wigglers")
- Red Wigglers eat half their own weight every day!
- Worms do not have teeth. They have a crop/gizzard system that grinds food.
- Red Wigglers regulate their population, reproducing only when they have enough space and food.

Join us online!

www.longbeach.gov/lbrecycles

Join other LB Recyclers in shaping and sharing environmental knowledge and behaviors.

Find resources and workshops on recycling and waste reduction on our website.

Join the conversation

@LBRecycles

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Starting Your Bin in 4 Steps

1. **Choose your bin**
   You can build your own bin system or buy pre-made discounted bins through the City.

   Purchase bin here:

2. **Set up the bin**
   Place bin preferably in an accessible area to feed your worms regularly.
   Place bin out of direct sunlight (preferably indoors). Maintain an ideal temperature of 70°F or between 50-85°F.

3. **Start your bin**
   Contents are added to the top tray.
   1. Add water to bedding (newspaper strips, shredded paper, or coconut coir) and make it as moist as a wrung-out sponge.
   2. Place moist bedding and add Red Wiggler worms in the top tray.

4. **Add food in quadrants**
   Prepare the food scraps by shredding, crushing, or breaking apart the material so it’s easier for the worms to digest.
   Add the food slowly and in quadrants like shown. The first quadrant is the freshest food. The fourth has been composted by the worms.

Casting Benefits and Uses

**Uses**
- Soil conditioning
- Make potting soil
- Natural pesticide

**Benefits**
- Plants grow faster
- Soil aeration
- Water retention
- No heavy metals
- Increased yield

Feeding Your Worms

**YES**
- Fruit and vegetable scraps (except acidic fruits)
- Coffee grounds and filters
- Eggshells
- Loose leaf tea & tea bags (natural fiber, staples removed)
- Shredded paper

**NO**
- Dairy
- Processed foods
- Nutshells
- Meat and bones
- Grass or plant trimmings
- Oily products
- Onions, garlic, citrus, and acidic foods

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