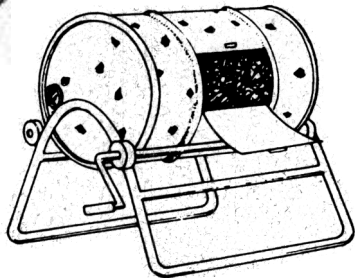
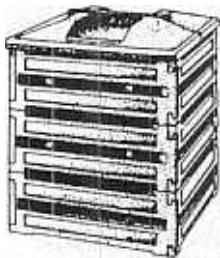


COMPOSTING FOOD WASTES



RED WORM COMPOSTING

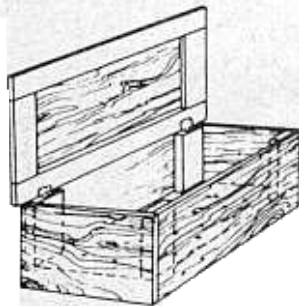
Feeding red worms is a great way to make high-quality compost.

Which Wastes? Kitchen scraps excluding bones, meat, dairy or fatty foods.

How? Use a bin approximately 2 feet by 3 feet with solid sides, drainage holes and a tight fitting lid. Fill the bin with moistened bedding made of shredded newspaper, peat moss or cardboard "bedding". Add a pound or more of red worms (a list of suppliers is available on the last page of this brochure). Bury your food wastes throughout the bin where the worms will gradually eat it and turn it into rich compost.

Pros/Cons? Kitchen wastes can be composted indoors year round while avoiding pest problems at the same time. Feeding red worms is a great way to convert food wastes into high-quality soil for houseplants, seedling transplants, or general garden use. You will also have plenty of worms for fishing.

Variations: A stationary outdoor bin can be used in all but the coldest months, or a portable indoor/outdoor bin can be used year-round.



USING AN OUTDOOR BIN

How? Composting vegetative kitchen wastes in a holding or turning unit is similar to composting yard wastes except it requires additional management to avoid attracting wild animals such as raccoons or skunks. Some suggestions for avoiding problems are:

- Steer clear of food wastes that are high in protein and fat such as meats, oils, fish scraps, table scraps and dairy products.
- Chop materials into small pieces to encourage faster composting.
- Turn kitchen wastes into the center of the pile as they are added.
- Turn the compost pile frequently.
- Add pest-proof sides and a cover to your bin.
- Refer to the bin manufacturer list available on the last page of this brochure for special bins designed to hold food wastes and keep pests out.
- If these precautions do not prevent pest problems, kitchen wastes should not be placed in the pile or bin.

Pros/Cons? This is a great method for reducing your household wastes while creating high-quality soil. However, more effort is required to avoid attracting pests.

Additional Information on Worm Composting

Refer to pages 13, 14, and 40 of the guide *Composting to Reduce the Waste Stream* (available at all Public Libraries in New Hampshire) or *Worms Eat My Garbage* by Mary Appelhof.

Contact the New Hampshire Governor's Recycling Program at (603) 271-1098 for worm bin plans.

