

# Building an Indoor Worm Composting Bin

## Introduction

Red worms (*Eisenia fetida*) otherwise known as red wigglers, work well for worm bins because they do not need to burrow and can tolerate room temperatures. They can also consume up to their body's weight per day in food. You can buy composting worms online or research local reputable vendors, just make sure they are the correct species.

## Getting Started

### *Supplies Needed:*

- 1 plastic opaque storage box (10 gallon)
- Newspaper (serves as bedding and food)
- Drill to make venting holes
- Handful of soil
- Red worms (about a pound)

Step 1: Acquire the materials above.

Step 2: Drill about thirty ¼" holes on the lid of the worm bin for ventilation.

Step 3: Fill the bin with moist (consistency of wrung-out sponge) shredded newspaper, one handful of soil (for necessary microorganisms) and one-pound of worms.

Step 4: Add food scraps. It may take a couple of days for the worms to get accustomed to their new home, so don't be alarmed if they do not eat the scraps in the first week.

## Caring/Feeding your Worms

- Worms can consume many fruit and vegetable peelings along with newspaper.

- Some examples of food are banana peels, apple cores, watermelon rinds, coffee grounds and tea bags.

- Do **NOT** feed worms meat, oily food, bones, dairy, or acidic foods such as: papaya, pineapple, or citrus.



- Be sure to bury your food scraps and monitor the bin to make sure food is getting eaten and fresh food is being added.

- Keep the bedding moist as a wrung-out sponge. Mist with a spray bottle as needed. If too wet, add more shredded newspaper.

- Worms must stay moist to breathe.



Source: [web.extension.illinois.edu/worms/](http://web.extension.illinois.edu/worms/)