



## Become a worm farmer!



Have you ever considered that you are being wasteful if you throw away your used tea bags, coffee grinds, eggshells and food scraps? Did you know that you are actually throwing away perfectly good food for worms? Worms love to eat what we think of as waste and what they produce as a by-product is important for our sustainability.

Worm farming is called vermiculture and it is perfect for both the city slicker and the country dweller who wants to make the most of their waste in the easiest possible way.

### How does it work?

Once you have purchased or built your worm farm, you can spread your carrot off-cuts or potato peels over the worms. The worms live happily in the soil within the confines of the worm-farm tray. Once the worms have eaten the off-cuts and digested the waste, the remnants are called castings. This is a valuable natural product as the castings are considered to be one of the safest and most nutrient-rich fertilisers around. Another benefit of these castings is that it is a natural pest repellent and it is completely odourless. Great news for our soil!

Healthy soil encourages plant life to flourish and is fundamental in keeping erosion at bay. Nutrient-rich soil is essential for the goodness and growth of our plant life.

### Where can you buy a worm farm?

Fortunately, there are many places where you can purchase a worm farm. Simply google 'worm farms' and you will find various contacts. The cost of a worm farm is dependent on how many trays you want and how many worms you will need. There are also websites that show you how to build your own farm if you wish to try this route. If you build your own farm, you will only need to purchase the worms. Don't use your garden earthworms in the farm as they do not function in a composting role. It is better to buy compost or red worms which thrive on organic waste.

Worm farming is for everyone and can be a fantastic way to introduce children to the concept of living green. Communities and schools can also build their own farms. As the worms reproduce exponentially, communities and schools will be able to sell the worms for an extra income.

You will need to do a bit of research before starting your farm but once you have the initial knowledge you will be able to keep your worms well-fed and your soil nutrient-rich.

**Stop feeling guilty for throwing away food and start to feed some worms instead.**

**Happy farming!**

Please contact us if you wish to share your green living story. E-mail us at [Better.Together@westerncape.gov.za](mailto:Better.Together@westerncape.gov.za)

