

## Composting – The Rotten Truth

by Alexis Lessard



Are you interested in composting but you don't know where to begin? There are many ways to compost but because we live in an urban area; vermicomposting is often the best suited for this area. Vermicomposting is the creation of compost using worms, specifically red wiggler worms. These particular worms work best because they eat and expel their own weight in compost every day. Not only that but they are also extremely prolific (worm babies for everyone)! All you need is 2 opaque bins with one lid, a way to drill holes, bedding (shredded leaves, paper, cardboard, or peat moss), 3 handfuls of compost/soil, a few kitchen scraps, and worms. Drill 1/8" holes in one bin and slide that bin inside the non-drilled bin. Make sure there is a few inches of space between the bins when they are nested together. Add your organic matter/bedding and soil. Mix well. Bury kitchen scraps in the center and add your worms. Place in a designated dark area and start feeding kitchen scraps as the worms devour it. Never overwhelm them; watch how fast they are eating when you first start your bin so you have an idea how much to feed them. You can feed them vegetables, fruits, coffee grounds, tea bags, and crushed eggshells. If you chop your scraps, the worms will compost faster. Do not add meat or meat byproducts. Harvest in 2 to 3 months! Harvest by pushing compost to the side and adding new bedding, 3 handfuls of compost, and a few kitchen scraps. Scoop out a few layers of your fresh compost at a time and harvest the worm juice from the outer bin as needed, packed full of nutrients! So what's stopping you? It doesn't take much room, composting is relatively fast, it won't smell, and you'll save money by buying less fertilizer (and have better fertilizer)! Happy Composting!