

HOW TO COMPOST -IN YOUR APARTMENT-

**NO SMELLS!
NO PESTS!**



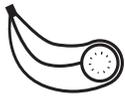
SUSTAINABLEAMERICA.ORG

-WHAT YOU WILL NEED-

CONTAINER
(WITH 2 LIDS)



FOOD SCRAPS



PAPER
(NON-COATED)



WATER



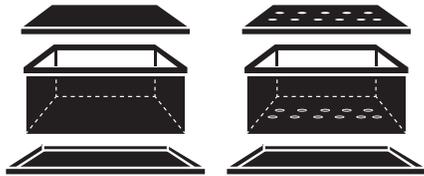
WORMS
(RED WIGGLER)



-TIPS & SOLUTIONS-

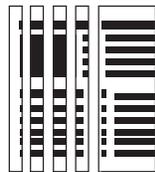
- Make sure you have 1 square foot of space in your container per pound of worms.
- Add enough water to make the paper damp, but not so much that your worms drown!
- Worms can eat about half their weight in food per day! So fill accordingly.
- If your bin gets too wet, add paper. If it's too dry, add a little water. You'll know if it's too wet because your worms will be 'swimming' to the top to escape drowning.
- Your compost is ready when you have a rich, black hummus that you can scoop out.
- The smaller the food and paper scraps, the faster the worms can eat them!
- It takes about 12 weeks for worms to completely break down a full bin of compost. Smaller bins may go faster!
- You'll have to buy your first round of worms, but if you treat them right they will last for years and years!
- Worm compost and the brown 'tea' that drains out of your bin is super rich in minerals that plants love!
- Make your holes the diameter of a pencil. As long as your bin is not too wet, the worms will not try to escape.
- Challenge yourself - if you compost, you never need to use your disposal again...
- Be sure to get the right kind of 'red wiggler' worms. Not all worms are created equal when it comes to compost!

1. PURCHASE OR PREPARE A CONTAINER.



Crate holes along the bottom and top of the container for ventilation and drainage. The container should be plastic or ceramic. Use the other lid under the container for water drainage. Or buy a pre-made worm bin!

2. SHRED PAPER.



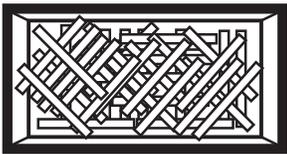
Shred into 1-inch strips. Use newspaper, old bills - anything that is uncoated will do.

3. SOAK PAPER IN WATER.



Soak in water and wring out so that paper is moist but not dripping.

4. LINE CONTAINER WITH PAPER.



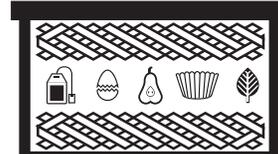
Spread half of the shredded and soaked paper into your container in one even layer. Fill the container about 1/3 full.

5. ADD YOUR WORMS.



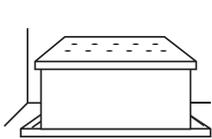
Add your worms and a little bit of soil. Let them sit in the sunlight. They will soon burrow into the paper.

6. ADD FOOD SCRAPS.



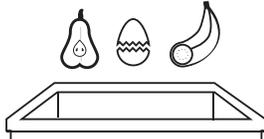
Bury the scraps under your remaining damp paper strips. (Always bury/mix food when you add it.)

7. FIND IT A HOME.



Make sure you find a cool place without a lot of sunshine for your worm bin.

8. KEEP IT GOING & GOING.



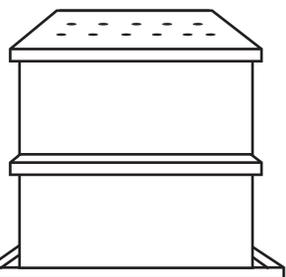
Continue to add scraps until you have more soil than scraps. Then let the mixture sit until all scraps have fully composted. Stir occasionally, then start again!

9. USE YOUR COMPOST.



There are a lot of ways to use your compost even if you don't have a garden! You can use it as fertilizer for potted houseplants, give it as a gift, or even just sprinkle it across your lawn. Whatever you chose to do with it, you can be proud that your food waste is being upcycled and not going to the landfill!

IT'S EASIEST IF YOU BUILD OR BUY TWO CONTAINERS AND STACK THEM, THEN ROTATE THEM OVER TIME.



— VENTILATION HOLES

— DRAINAGE HOLES

Worms will travel up these when there is no longer any food in the bottom container.

— DRAINAGE HOLES

Fill this bin with food first. When it's full, fill the top bin.

The worms will start by eating in the bottom bin. Once they've made it all compost, they'll travel up to the top bin. That is when you harvest your compost from the bottom and put the newly empty bin on the top to start the process over again!

-WHAT TO USE-

PAPER
TEA BAGS
EGG SHELLS

FOOD SCRAPS
COFFEE GROUNDS
PEELS

VEGETABLES
DRIED LEAVES
PAPER TOWELS

-WHAT NOT TO USE-

CITRUS
PET FECES
PLASTIC

DAIRY
CHEMICALS
BONES

MEAT
DAIRY