

Vermicomposting

WHAT TO FEED WORMS (AND NOT FEED)

YES PLEASE

MALTED BARLEY, FRUITS AND VEGGIES, NEWSPAPER CARDBOARD, SPROUTS & MICROGREENS (WASHED EGGSHHELLS & COFFEE GROUNDS ARE OK IN MODERATION)



NO THANKS

MEAT, DAIRY PRODUCTS CITRUS, PROCESSED FOODS LIKE BREAD

