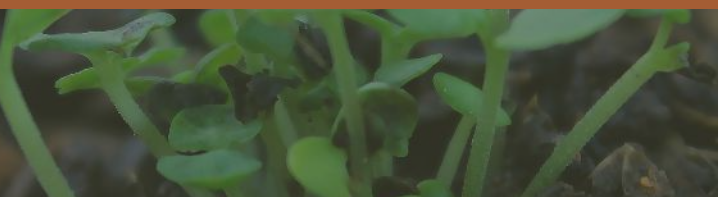


# WORM FEEDING



- Worms will process anything organic (once living)
- To keep a good C:N ratio in your habitat, a good rule of thumb is to have roughly equal input of both "browns" and "greens"
- Moisten your carbon input
- Chop, Blend, Shred!  
Reducing the size of your inputs will allow the worms to process it more efficiently
- A sprinkle of dolomite should be used every two weeks to balance acidity levels



## "Browns" Higher in carbon (C)



Brown crunchy leaves  
Mulch, straw etc.



Aged animal manure  
(horse, cow, sheep)



Aged grass clippings



Cardboard  
(shredded / small pieces)

Shredded paper

Cocopeat

## "Greens" Higher in nitrogen (N)



Fruit and vegetable scraps

Fresh green grass clippings  
(light sprinkle only - beware of heat)



Green leaves & Plant cuttings

## Sparingly



Bread, pasta & rice

Citrus products



Onions & garlic

## Avoid



Raw or cooked meat & fish

Dairy products



Foods high in oil or salts