

On a recent Saturday morning Gina and Marci decided to create a worm Compost! This small bin compost is a great way to recycle kitchen scraps into a rich soil conditioner for your garden. Best of all, the compost is small enough that it can be stored inside or out and works for even an apartment dweller.

In case you too would like to create a natural way to recycle your excess veggie and fruit scraps, click here for seven simple steps:

1. Choose two Rubbermaid containers that will fit inside each other, with air space between the two bottoms. We used 8 inch deep Rubbermaid "Roughneck" brand (21"X16"). When they fit together there will be a 2 to 3 inch gap (or air space) between them. Drill 8 to 12 small holes in the bottom of the top container. These holes allow any excess water/liquid to drip into the bottom bin. This liquid (looks like muddy water) can be diluted from its concentrated state later and used to water your garden! You will end up with one extra container lid!
2. Fill the top bin with shredded newspapers and some card board shreds. Add two handfuls of dirt or sand and moisten everything so it is like a wrung out sponge. Damp but not dripping wet!
3. Create some air spaces by lifting the wet bedding. Worms need to breathe and air flow helps to control odours.
4. Add your 'Red Wiggler' worms. These are available from [compostworms.ca](http://compostworms.ca) They will even send them to you by Express Post. You can also ask at your local horse stable, apparently Red Wiggler worms hang out there too!
5. Feed your worms! Pull away the bedding in one area and dump in some scraps of veggies and fruits. Cover the food with the bedding.
6. Each time you feed the worms bury the food in a new location in the bin. This will insure that the worms are moving around the entire bin.
7. Wait a few months and then harvest your compost (you will be amazed at the transformation inside your bin from newspaper scraps into what is known as "Black Gold" – the rich soil compost). Gather your worms in one section of the bin and spread the rest of the rich compost onto your garden. Now you are ready to start the whole process all over again.

If you want more information or have a specific compost question there is a Regional Compost Hotline in the Vancouver area: 604-736-2250. Google "Worm Composts", you will be surprised at all of the information available on the web!!