

VERMICOMPOSTING



GIVING VALUE TO OUR WASTE



COGERNO
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WHAT IS VERMICOMPOSTING (OR WORM COMPOSTING)?

It is a method of composting using redworms (compost worms) and microorganisms to transform organic materials (such as fruit and vegetable scraps) into rich nutrients. This vermicompost improves soil and plant conditions.

Vermicomposting is generally performed indoors, so it is ideal for people with no backyard and where space is limited.

A clever way to reduce our waste at home!

VERMICOMPOST

- Has a high nitrogen content (key element for plant growth);
- Improves soil conditions and provides certain essential nutrients to plants;
- Improves the structure of both sand and clay soils, protecting them against drought and erosion.



WHERE TO USE VERMICOMPOST AND TEA OBTAINED?

- When planting a tree;
- In the vegetable garden;
- In flower beds (plants and shrubs);
- Add to household potting soil (No more than 1/3 vermicompost);
- The **vermicompost tea** (liquid fertilizer) can be diluted with water (10:1) and can be used to water plants.



WHERE TO FIND A VERMICOMPOSTER CAN-O-WORMS™?

The COGERNO has for sale Can-O-Worms™ worm farms that are attractive and very efficient.

For any questions on vermicomposting or to purchase a Can-O-Worms™ worm farm, please visit COGERNO's Web site under the **Vermicomposting** tab or contact the COGERNO's team at 506-263-3470 or 1-800-561-0456.



WHERE TO FIND REDWORMS?

The COGERNO has a small quantity of redworms (compost worms) for sale. However, since it is not its primary mission, its production volume is not very high. If you wish to buy worms and the COGERNO cannot supply you, it can recommend other worm suppliers.

We recommend that you buy at least 600 to 1000 compost worms (approx. 1 lb.) to start with (1/2 lb. could do the trick also).



FREE WORKSHOPS

CONTACT COGERNO TO KNOW WHEN THE NEXT VERMICOMPOSTING WORKSHOP WILL BE OFFERED NEAR YOU.



SHORT FILM

Watch a short film on vermicomposting on COGERNO's Web site at www.cogerno.com by clicking on the **Vermicomposting** tab.



HAVE A GREAT VERMICOMPOSTING EXPERIENCE!



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HOW TO DO IT?

Important elements in vermicomposting are:

- **Moisture** – 60 to 80% (not too dry nor too moist)
- **Temperature** – 16 to 25°C (not too warm nor too cold)
- **pH** – 6 to 8 (sprinkle with crushed egg shells to balance pH)
- **C / N Ratio** – A balanced amount of browns (carbon – C) and greens (nitrogen – N)

Fill a container with green materials (fruit and vegetable scraps). Then, place in freezer (to store your materials as long as possible and prevent odors). This is optional; if you prefer, you can feed the worms directly.

- Cutting in small pieces fruit and vegetable scraps will speed decomposition process.

To feed the worms: Bury the food wastes in one section of vermicomposter once or twice a week and cover with a layer of brown materials such as shredded newspapers (black-and-white). **It is important to bury fruit and vegetable wastes underneath the bedding.**

It is essential to sprinkle regularly **finely crushed egg shells** (1 tbs) on bedding (vermicompost) in order to **reduce acidity**. Store shells in a separate container from the green materials so that they dry up completely making it easier to obtain a fine powder.

Remove the liquid regularly (**vermicompost tea**) accumulated in bottom of Can-O-Worms™ worm farm. This liquid, rich in nutrients, can be used to water your plants if diluted with water (10 parts water for 1 part tea).

Never stir vigorously vermicompost. The worms will take care of that!



WHICH MATERIALS?

GREEN MATERIALS (RICH IN NITROGEN)

- **FRUITS AND VEGETABLES** (Peels and seeds are also accepted.)
Attention: Do **NOT** add banana peels. Do not add too much citrus fruits (oranges, lemons).
- **PLANTS AND FLOWERS** (houseplants only – to avoid presence of insects) Beware of plants that have been sprayed with a pesticide... To avoid.
- **EGG SHELLS** (preferably crushed)
Ideal, because they neutralize acidity in vermicompost.
- **TEA LEAVES OR BAGS / HERBAL TEA**
Bags will decompose also.
- **GROUND COFFEE (SPENT COFFEE)**
Add the filter since it is considered a brown material.

BROWN MATERIALS (RICH IN CARBON)

- **SHREDDED NEWSPAPERS** (non-coloured □ black-and-white)
- **COFFEE FILTER** (non-bleached is preferable)
- **EGG CARTONS** (small pieces)
- **CORRUGATED CARDBOARD** (small pieces)

MATERIALS TO AVOID

- **BANANA PEELS** (can develop fruit flies)
- **MEAT, BONES AND FISH**
- **FATTY PRODUCTS, MILK PRODUCTS AND BREAD**
- **LEFTOVER FOOD CONTAINING SAUCES, FATS**
- **PET WASTES**
- **DISEASED PLANTS OR PLANTS AFFECTED BY A VIRUS**
- **CONTAMINATED PRODUCTS**
- **FACIAL TISSUE**
- **ALL MATERIALS FOUND OUTSIDE** (This depends on you; if you want to avoid bringing inside insects from the outside, avoid adding any such materials in your vermicomposter.)

PROBLEMS AND SOLUTIONS

You open your vermicomposter (Can-O-Worms™) and notice an unpleasant smell ➡ Do not add food wastes for at least a week and add black-and-white newspapers (thickness: 2 inches) to cover the bedding.

A large quantity of worms crawl on the sides and underneath the cover ➡ Add a little food wastes, crushed egg shells and black-and-white newspapers. Reduce acidic materials such as citrus fruits and coffee.

Too dry ➡ Pour a large quantity of water on the bedding so that it becomes moist enough but not too soaked. Remember to sprinkle bedding, such as newspapers, on a regular basis.

Too moist ➡ Add brown materials such as black-and-white newspapers.

Presence of small fruit flies ➡ *This will seldom happen if you follow instructions and avoid overfeeding the worms.* Stop feeding for a couple of weeks, add a thick layer of black-and-white newspapers, and install a fly trap near the vermicomposter.



FOR MORE DETAILS ON VERMICOMPOSTING



VISIT COGERNO'S WEB SITE AT
WWW.COGERNO.COM