

Keystone Farms



Caring for your worms

The bedding in your bin should feel moist like a wrung-out sponge. Newspaper, cardboard, peat moss and coco coir are great bedding choices.

Place your worms and the bedding from shipping into your bin. The bedding is full of beneficial microbes that will inoculate your bin and get your worms off to a great start.

The worms may be a bit dehydrated after their shipping. Mist them with water if needed.

It is best to leave the cover off your bin for the first 4 hours and leave a light on to force your worms to stay in the bin until they get acclimated.

Feeding your worms

Your worms need a ratio of 20% greens (food) and 80% browns (bedding). You should add browns every time you feed greens. Your bin should remain moist but not too wet. No more than 2 or 3 drops of water should squeeze out of a handful of bedding. If your bin is too wet, add more bedding.

It is important to not over feed your worms. Do not feed until your worms have eaten most of the previous feeding.

Greens (20%)	Browns (80%)
Fruit and vegetables	Shredded cardboard
Coffee grounds, tea bags, tea leaves	Shredded newspaper
Cooked rice, oats, cornmeal	Dry leaves
Grass clippings	Napkins & paper towels (no chemicals)
Manure from grass fed animals	Screened compost

Citrus fruit, pineapple, onions and peppers can be fed in moderation.

You should avoid feeding your worms fatty foods, meat or dairy as they can start to smell bad and attract insects. Also avoid magazines, cereal boxes and glossy paper. The bedding should be “fluffed” before you feed. “Fluffing” means turning the bedding by bringing up from the bottom and mixing.

Please contact us with any questions or problems regarding your order.