

WORM TOWER INSTRUCTIONS

It's minimal effort for a load of benefit. You need only four things:

- worms,
- a Micro-Composter for them to live in,
- a shady, protected spot to place their new home,
- and your everyday vegetable waste from the kitchen.

Choose a position for your Micro-Composter, preferably in the middle of your garden bed and bury into the soil leaving the top flared section exposed.

For your worm tower, you will get the best output from redworms. These worms are smaller than the earthworm, but will produce high quality and quantities of nutrients for your garden. You can buy them from garden centres or off the internet. Your worms will multiply quickly – in ideal conditions, a single worm can turn into 1500 within a year.

In the base of the Micro-Composter, place some bedding consisting of pre-moistened strips of newspaper, leaf matter, straw and compost. Place your worms onto the bedding and they will travel back and forth through the feeding holes as they like whilst delivering nutrients direct to the roots.

To feed your worms, put in most of your fruit and vegetable waste, except citrus or onions. Don't put in salad dressing or vinegar, but do throw in tea bags, coffee grounds and crushed egg shells. Even hair will do the job. Every so often add leaf compost to help oxygen circulation and prevent the environment from becoming anaerobic.

Most of all, enjoy your worms! It's a treat to see them feeding so eagerly when you throw in your waste, knowing that this waste will be feeding your veggie garden, completing the cycle from garden to table to worm tower and then back into the garden.

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