



## Getting Started With Worm Composting

### Why Worm Composting

Even though kitchen scraps are biodegradable, when thrown away they end up in landfills where they produce methane, a greenhouse gas that contributes to climate change. For those who live with limited space, an indoor worm bin (vermicomposter) can be an ideal solution. Worms are capable of consuming their own weight in organic matter each day. Additionally, they leave behind the richest and most productive compost known, with 7-10 times more available nutrients than finished compost.

### Storing Indoors

It is best to store in a cool dark space such as a basement or closet. This will keep the worms from freezing in the winter or becoming too hot in the summer.

# FULL CIRCLE EARTH

## Making an Indoor Worm Compost Bin: Step-by-Step Instructions

*Composting for those with limited space*

## Who We Are

### About Us

Since 2012, FCE has provided rewarding opportunities to spark positive social change through our Vocational Earth Skills Training Program, Workshops, Community Services, and Outreach.

### Contact Us



The FCE office is located in the Van Loan School at Endicott College in Beverly, MA. We also maintain a greenhouse at Long Hill Reservation, 572 Essex Street, Beverly, MA. Email us your thoughts or comments to [info@FullCircleEarth.org](mailto:info@FullCircleEarth.org).

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### Sources

EPA, *How to Create and Maintain an Indoor Worm Composting Bin* (2018)  
<https://www.epa.gov/recycle/how-create-and-maintain-indoor-worm-composting-bin>

Scott Kellogg and Stacy Pettigrew, *Toolbox for Sustainable City Living* (June 15, 2008)

Mary Appelhof, *Worms Eat My Garbage: How to Set Up and Maintain a Worm Composting System, 2nd Edition*

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### FULL CIRCLE EARTH

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## Supplies

- A rubber bin with flexible top (16 W X 24 L X 8 D)
- Second bin, slightly larger than first bin (optional)
- Window screening (vinyl) and silicone or waterproof glue (optional)
- Drill with 1/8" bit
- 1 lb. of red worms (lumbricus rubellus) or brandling worms (eiseia foetida)
- 1 lb. of compost or soil
- Kitchen food scraps (no animal products)
- Shredded paper
- Spray bottle



## Step 1

Using a drill with a 3/8" drill bit, drill holes in the lid (at least 4) to make a square.



## Step 2 (Optional)

Liquid does collect in the bin and can drown the worms. It can be manually removed or additional holes may be drilled near the bottom corners. Then place the first bin in a second bin to collect the liquid and use on plants as liquid fertilizer (organic tea).



## Step 3 (Optional)

Screening can be glued to the outside of the first bin to cover the holes, preventing fruit flies and the occasional escaping worm.



## Step 4

Combine the soil with shredded paper. Place about 3" in bin and spray with water to dampen. Add worms and wait one day for worms to get acclimated. Add food scraps the next day and cover with more shredded paper to prevent odor and absorb moisture.



## Maintaining the Bin

Collect scraps and feed the worms once a week. Top with shredded paper and spray with water to keep damp. As the bin starts to fill up with compost, just feed the worms at one end of the bin so that you can extract the soil from the other end once the worms have migrated to the side with the food.