

## Worm Menu – what to feed your worms

Don't forget to add carbon-rich stuff as well as the greens

Yes to: <b>'Greens'</b> , (nitrogen rich waste) – add 70% - 80%	Yes to: <b>'Brown'</b> , carbon rich waste – add 20 to 30 %	Treats: Add occasionally, if and when you find some. None are essential.	OK but in moderation Some people choose to avoid these entirely	No to:
Fruit peelings (worms love banana skins – a good source of potassium)	Cardboard – tear up in small pieces, and sprinkle with water to dampen it.	Composted manure - add a 1 or 2 inch layer every 6 weeks – adds valuable soil life and worms love it!	Onion skins (too acidic)	Meat & Fish – these will be broken down in a wormery but may spread disease
Vegetable peelings e.g. potatoes, carrots, (not onions)	Newspaper / waste paper – shredded.	Garden soil (just a handful here and there) – adds grit for worm gizzards and soil life.	Citrus (too acidic)	Dog / cat poo
Coffee grounds and tea bags.	Wood chip - composted if possible. (Avoid fresh pine wood chip)	Nettles – chop up and add a layer occasionally – rich in nitrogen and trace elements.	Oily food	
Leftover cooked foods (avoid adding in large quantities)		Comfrey leaves – chop up and add occasionally – rich in potassium and trace elements.	Spicy foods	
Bread, rice, cereals, pastries, cake		Liquid seaweed fertiliser – adds trace elements and promotes soil life. Effective, but expensive and not essential.	Anything very salty (eg fresh seaweed)	
Crushed egg shells			Fine sawdust	
Green waste compost			Garden waste, grass clippings	
Cut flowers			Processed food	
			Cheese	