**What you should know**

The number of Worms per kilo vary from 800 (fish bait size) to 4000 /kg (pit run, ie. mix of babies and adults).

Worms ingest their own body weight in food every 2 - 3 days or more, depending on the type of food.

Worms will not eat weed seeds, plant roots or people, (while they are still alive !).

Worms will not eat anything that can regenerate.

Worms will eat anything that has lived and died (organic matter).

Common food on the worm's menu;

* Soak, drain, then shred envelopes, newspapers, cardboard and serve neat or mixed with vegie waste.
* Vegetable scraps finely chopped or blended in a food processor (add a little water) are quickly consumed. Worms prefer to dine in the dark, so it's best to bury the scraps.
* Worms will eat meat, we all become worm food eventually !!
* Old, worn out natural fibre clothing such as cotton T-shirts, woollen jumpers, denim jeans
* Bird seed husks
* Bio-solids
* Animal manure - dog, rabbit, guinea pig, horse, cow, pig, yak etc
* Worms do like citrus, onion & garlic, but only in small quantities.
* Teabags, tissues, vegetable scraps (cooked or raw), dust from the vacuum cleaner, hair out of your brush, dog hair, dog droppings.

**Hints and tips**

***Keeping Cool***With the hot weather fast approaching, you will need to take extra care with your worms. On really hot days, remove the lid, so the hot air can escape. Place a frozen bottle of water in the farm. Crack the lid a little, and as the ice melts, the cool water will drip in the farm and keep your worms cool.

***Going Away***If you are going away, you can give your worms some extra food before you leave. Place some shredded paper and/or compost, sheep poo or horse poo in the worm farm. Make sure it is moist first.Do not give them excess food scraps. This will only cause a rotten stinking mess. It is a good idea if you can get someone to water them while you are away.

Alternatively, you can tip a bag of sheep or horse poo in a moist, or reticulated part of your garden,   
remove your worms from their home and place them where the manure is.

When you get back from holidays, tip a fresh / new bag of horse or sheep poo in the same spot and within a few days  
the worms will collect in the new food, you can collect them & return them to their home.

 Frequently Asked Questions

Q.    *My worm farm seems to be infested by a very small red mite like insect.   
Is there any way to get rid of these without harming the worms?*

A.   The red mite are not a problem. They will not harm the worms, they will also help to break down the food.   
Red mites tend to come & go, appearing when particular types of food are used, (like yeast products).   
If you want to get rid of them, try sprinkling on some dolomite (garden lime).   
  
  
  
Q.   *When I check my worm farm, there are worms on the inside of the lid and trays, are they trying to escape?*

1. If there are masses of worms congregated together in the corners or up the sides of the farm, then this   
   could indicate a problem with their bedding. Otherwise, if there is the odd worm here and there, they are probably just  
   having a wander around, especially if the trays and lid are moist from condensation.  
     
     
     
   Q.   *I have had my farm operating for a while now, but it seems to be taking a long time to fill up with Castings.*  
   A.   If you are feeding mostly food scraps, your farm will not produce a lot of solid Castings, as most food scraps  
   are 80-90% moisture.  Rectify, be feeding bulky types of food to your worms, like shredded paper, manures,   
   compost or straw.  
     
     
     
   Q.   *How do I keep ants out of my worm farm?*  
   A.    Stand the worm farm legs in containers of water & add a few drops of Metho or kerosene.  
   To prevent attracting ants in the first place, make sure you bury food scraps completely in the bedding.

Thanks to The Worm Shed web site for this information.