

Worm Castings 101:

Quick-Use Guide + DIY Worm Bin Setup

Your Go-To Sheet for Garden Gold Success

What Are Worm Castings?

Worm castings are the nutrient-rich waste produced by composting worms such as red wigglers. They're odorless, crumbly, and teeming with beneficial microbes that improve soil structure and fertility. Gardeners often refer to them as "black gold" due to their incredible impact on plant health and growth.

How to Use Worm Castings

Top Dress Sprinkle around the base of plants or over raised beds.

Mix Into Soil Blend into garden soil or potting mix before planting.

Compost Tea Brew a liquid fertilizer by steeping 1 cup of castings in 1 gallon of water for 24-48 hours.

Seed Starting Add a pinch to each cell or starter pot to encourage strong root growth.

Compost Tea Brewing Instructions.

1. Fill a 5-gallon bucket with dechlorinated water.
2. Add 1-2 cups of worm castings in a mesh bag or stocking.
3. Optional: Add 1 tablespoon of molasses to feed microbes.
4. Aerate with an aquarium bubbler or stir several times a day.
5. Brew for 24-48 hours.
6. Use within 4 hours of brewing. Apply as a soil drench or foliar spray.

DIY Worm Bin Setup

Container Use a plastic bin (10-20 gallons) with a tight lid and drainage holes.

Bedding Use shredded newspaper, cardboard, coconut coir, or aged compost.

Worms Red wigglers (*Eisenia fetida*) are ideal. Start with about 1 pound (~1,000 worms).

Food Feed veggie scraps, coffee grounds, and crushed eggshells. Avoid meat, dairy, and citrus.

Care Keep the bin moist like a wrung sponge and store in a cool, dark place. Harvest castings every 2-3 months.

Soil Mix Ratios for Starting Plants with Worm Castings

General Potting Mix: 60% compost, 20% coconut coir or peat, 10% perlite, 10% worm castings.

Seed Starting Mix: 40% compost, 30% coconut coir, 20% sand or vermiculite, 10% worm castings.

Topdressing for Houseplants: 1/2 inch of worm castings spread evenly on soil surface.