

be used, either. If you want a clean and easy all-in-one food that will help your worms grow and multiply and control acidity in your bin, use our special **Will's Worm Chow**.

How much do my worms eat? Red Wigglers are voracious and eat 1-2 times their body weight in food scraps each week. 1,000 adult Red worms weigh about a pound.

Aeration: Red worms need oxygen to live. They produce carbon dioxide. Good air circulation is a must in your worm bin. If you use a lid, make sure that it has plenty of holes or a screened vent. If your bin smells stinky, fluff (mix) the bedding bottom to top.

How fast do my worms breed? The breeding cycle is approximately 27 days from mating to the hatching of cocoons filled with worm eggs. Red Wiggler cocoons typically hold about 3 eggs each. Red Wigglers can double in population every 60-90 days.

How long do my worms live? It's common for Red Wigglers to live 2-3 years, though 4-5 years is not unheard of. You will rarely see dead worms as they are made up mostly of water and disintegrate quickly.

What can kill my worms? Worms are sensitive to major fluctuations in pH, lack of oxygen, lack of moisture, and certain toxic chemicals such as acid or ammonia. Worms are resistant to many chemicals that are toxic to humans. The vermiculture process will even break down some toxic chemicals into benign components.

Worms and Disease: Worms are subject to very few diseases. The bacteria fostered in their gut and excreted with their castings are benevolent and produced in such overwhelming numbers that disease-producing bacteria find life very difficult in a worm environment. Worm beds and their castings are essentially free of harmful pathogens and viruses. This makes worms ideal for the stabilization of putrescible wastes.

Will and Alyssa's Top Tips For New Worm Farmers

1. **Don't overfeed your worms!** Start with just a little food at a time. It's hard for your worms to starve as they can even eat cardboard bedding. Overfeeding is the #1 cause of worm death. In an emergency, worms can survive without added food for a month or more if moisture and temperature stay within their comfort range.
2. **Don't overwater your worms!** Worms need moist bedding like a wrung-out sponge, but your bin can become anaerobic (without oxygen) and smell bad if it is too wet.
3. **Don't overcheck your worms!** They will happily multiply and thrive if left alone for 5-14 days at a time. Mating worms look like a tied-up knot. Cocoons look like tiny lemons about the size of a pin head. They range in color from yellow to red/brown.