

What worms like to eat



Worms like to eat

Fruit and veggie scraps and egg shells, tea bags and coffee grounds. Small amounts of carbohydrates, small amounts of cardboard, hair and vacuum cleaner dust.



Worms don't like to eat

Citrus fruit, onion, garlic or chilli, (tiny bits in leftover food is okay), dairy products, meat (and bones), fish and tofu.

Unlike compost, wormfarms only need nitrogen-rich food scraps, not carbon-rich garden materials. Fresh fruit and vegetable peelings are the best thing to give them. Worms get through food faster if it is in small pieces. Avoid giving them whole fruit or vegetables. Mixing the food into the wormfarm also helps.