



Recycling and
Environmental
Action
Planning
Society

Greening Your Office

...one tip at a time!

We care about the environment and we know you do too. Your office is a great place to make little changes that make a big difference. Here are some ideas to help you do just that. Provided monthly by R.E.A.P.S., we hope they inspire you to create change!

GREEN TIP #45:

January 2014

Vermicomposting!

Vermicomposting (composting with worms) is a great solution to throwing away your fruit and vegetable waste in the office. Add to your office recycling program - vermicomposting does not smell and is low maintenance.

How to set up a worm bin

Setting up a worm bin is simple all you need are:

- a bin (such a plastic Rubbermaid container)
- 1 pound of red wiggler worms
- shredded newspaper or paper
- 2 handfuls of sand
- water
- food scraps

For your worm bin you're going to want to drill some holes in the bin on the lid and bottom so your worms can breath. To make their bed using the shredded paper and sand, before you put your worms in make sure the bedding is about as wet as a wrung out sponge. Once you've finished all of that you can then add your worms and begin vermicomposting. When you're adding you food waste make sure it's only fruits and vegetables. Bury the food that's added to the bin by covering with the bedding. It is important not to over-feed them. Every week you will feed, fluff the bedding and check the moisture. Not to worry REAPS is only a call away and we are happy to visit and check the bin with you.

Worm Facts

- Worms can eat their weight in food everyday
 - Vermicomposters don't smell
 - Worms are hermaphrodites and have both male and female reproductive organs
- There are over 2700 kinds of earthworms



Do you have any questions or suggestions? Call or email us at green_solutions@reaps.org!