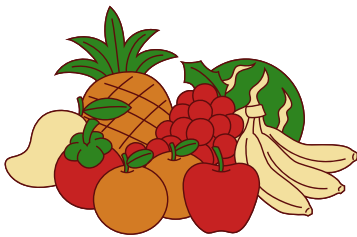


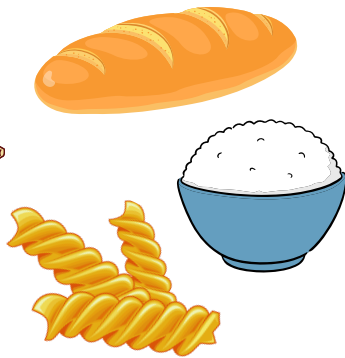
Feed once every 2 weeks. Add a handful of greens to one corner. Cover with wet browns (like damp paper or leaves).

Add 1 cup of water 1-2 times per week.

Fresh Greens



Vegetable scraps, fruit waste, peels, corn husks (no citrus for worms)



Bread, rice, pasta, grains



Coffee grounds, paper coffee filters, tea bags/leaves

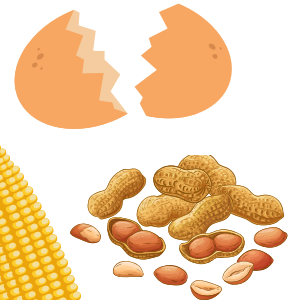


Garden waste, clover, grass clippings and any other plant waste

Dry Browns



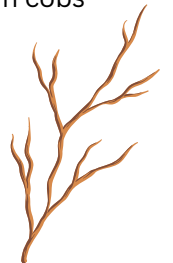
Leaves, straw/hay, Pine needles, Old potting soil, Peat moss



Eggshells, nutshells, corn cobs



Paper (shredded, no gloss or craft paper), cardboard, newspaper



Twigs, sawdust, woodchips

Avoid



Meat, bones, dairy products, oils, grease, citrus (for worm bins), cooked foods, sauces, pet waste, plastics, diseased plants, weeds with seeds