

WHY WORM FARMING?

FIGHT FOOD WASTE, MAKE PLANT FOOD

Each year in Australia 5 million tonnes of food waste ends up as landfill, creating a huge environmental issue and costing the economy \$20 billion! **Half of that food waste is from households.** Once in landfill, food and organic waste decomposes anaerobically, releasing gases toxic to the natural environment.

Worm farming (also called vermiculture), is a great way to reduce household food waste, which takes up as much as 35% of your bin. Worms will eat your food and garden waste and naturally convert them into worm castings full of nutrients. You can then add the castings to soil or potting mix to feed your veggies and plants.



WORMS LOVE TO EAT:

- ✓ most food scraps
- ✓ coffee grounds
- ✓ ground-up eggshells
- ✓ garden waste like weeds, bark, leaves, broken sticks
- ✓ pre-composted animal manures

WORMS DON'T LIKE:

- ✗ dairy, meat, bread, rice, pasta
- ✗ acidic foods like citrus, tomatoes
- ✗ onion, garlic, pawpaw and pineapples
- ✗ oil, grease, vinegar, chilli

Compost these in your bokashi bin.



CREATE NATURAL PLANT FERTILISER

Continuous use of synthetic fertilisers damages the natural biology of soil, resulting in soil degradation and requiring the use of more fertiliser to get the same result. Synthetic fertilisers can also lead to serious water contamination issues when they leach into groundwater and water courses.

Worm castings, and their liquid derivative worm tea, can help reduce synthetic fertiliser use, allowing degraded soil to rejuvenate. Both worm castings and tea are fantastic sources of naturally occurring soil biology such as healthy bacteria and fungi, which help retain soil structure and allow plants to extract existing soil nutrients in plant-soluble form.

SUSTAINABLE, ORGANIC PESTICIDE

Like synthetic fertilisers, synthetic pesticides leach into waterways, affecting land environments and accumulating in the ocean's food chain.

Choosing to use natural pesticides like worm tea helps combat pests and diseases sustainably. As a natural resource, worm tea and castings work with plant roots to produce a healthy, sustainable plant ecosystem that strengthens the plant to resist disease and parasites. You can also spray worm tea directly on the plant leaves to deal with a range of pests, right up to time of harvest.

HOW DOES WORM FARMING WORK?

THE WORM FARM CIRCULAR ECONOMY



FEED THE WORMS

Feed your food scraps and garden waste to the compost worms. Worms convert them into castings, full of nutrients, healthy bacteria and fungi.



ADD CASTINGS TO SOIL

Dig worm castings into your veggie garden or potting soil. Feed your plants with worm tea and apply it to leaves to keep diseases and pests away.



CASTINGS IMPROVE SOIL

The improved soil biology helps your plants grow larger roots, making them healthier, more productive, and more resistant to pests and disease.



ENJOY HEALTHIER PLANTS

Enjoy vibrant, naturally thriving plants. Harvest and eat your own healthy homegrown produce. Remember, feed the food scraps/garden waste back to the worms!

WHERE DO I GET STARTED?

Here at The Australian Worm Firm, we're passionate about all things vermiculture and love to help anyone set up and maintain a worm farm. We breed our own live compost worms and stock a range of high quality, affordable worm farms, bokashi compost bins, worm castings, and accessories. Many of our products are available in kit form that includes everything you need to set up your worm farm or bokashi bin.

With free advice available to every customer, now is a great time to start your worm farming journey. It's a one-time investment that will pay itself back many times over in healthy gardens, healthy food and a healthy environment. Begin by visiting our website and online store, where you'll find all the equipment, information and resources that will give you a greater insight into what worm farming involves. For more information or advice, please get in touch:



THE AUSTRALIAN WORM FIRM

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WHY CHOOSE THE AUSTRALIAN WORM FIRM?

- ✓ We are Australia's one stop worm farming shop. We stock everything you need for worm farming and bokashi composting.
- ✓ We are worm farming specialists. Unlike big box retailers, we offer personalised, specialist advice to help you along the way, including well after purchase.
- ✓ We look after our compost worms. We pack them freshly in breathable containers to ensure they arrive healthy and ready to go.
- ✓ We are proudly South Australian owned and operated. We seek to buy and package using sustainable products that are Australian owned and made.
- ✓ We genuinely care about giving you the best customer experience to make the transition to worm farming as seamless as possible.
- ✓ We want to make it easy for you to set up a healthy, successful worm farm, which will more than pay itself back for years to come.
- ✓ We can deliver anywhere in Australia. Simply visit our online store, choose a product available in your area, and we'll send it to your door.

Resources used in this Brochure

Department of Agriculture, Water and the Environment; OzHarvest; Australian Bureau of Statistics; Fertilizer Australia; Yale Environment 360; Soil Foodweb Institute; Brian the Worm Man; Australian Government; State of the Environment.

WHAT ON EARTH IS WORM FARMING?

It's a simple, natural way of composting food scraps and garden waste into a rich organic soil improver, perfect for boosting veggie and plant growth. Read on to find out more!

