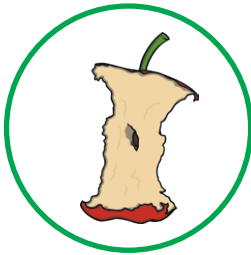


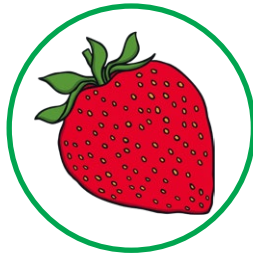
Feed the worms...



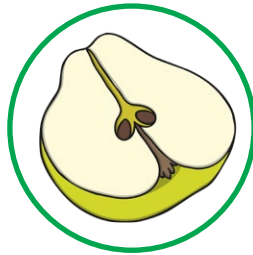
banana peel



apple core



strawberry tops



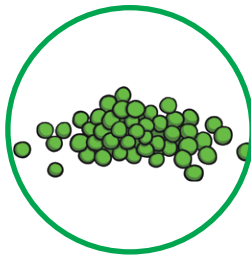
pear core



carrot



broccoli



peas



sweetcorn



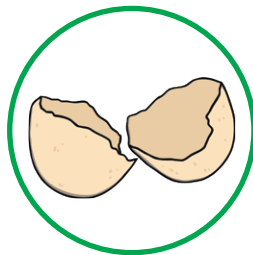
teabags



coffee grounds



small amounts of garden waste, such as weeds and leaves



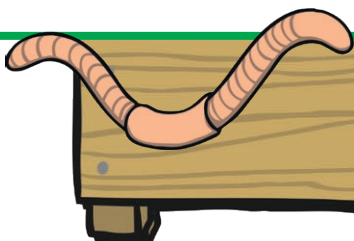
eggshells



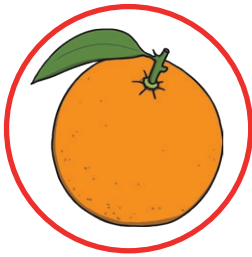
shredded newspaper or cardboard



Remember to chop or break the food into small pieces to make it easier for the worms to eat and add just a little at a time. Also, remember to keep the wormery damp – spray in a little water, if necessary.



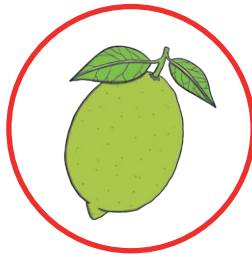
Do not feed the worms...



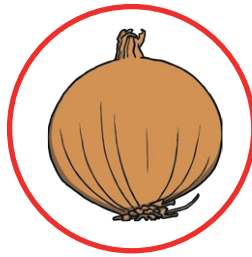
orange



lemon



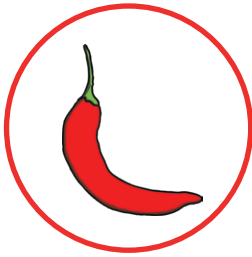
lime



onion



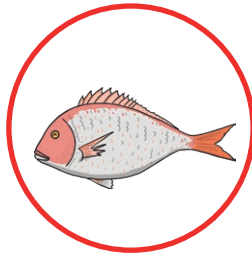
garlic



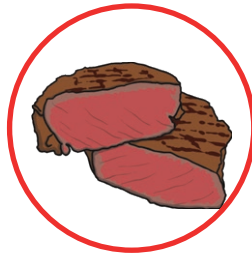
chilli



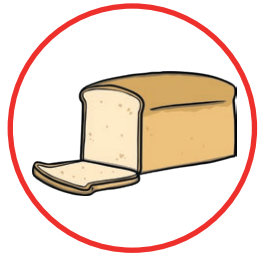
dairy products
such as cheese



fish



meat



bread

