

What to feed your worms

- Chopped fruits and vegetables (uncooked cuttings from the kitchen)
- Coffee grounds (the filters, too)
- Banana Peel (cut up)
- Tea leaves and the bags
- Crushed eggshells (washed)
- Crushed oyster shell
- Horse manure or rabbit manure (small amounts and washed)
- Tree leaves
- Grass clippings
- Straw
- Cut flowers.
- Rice
- Dryer lint

DO NOT FEED THE WORMS THE FOLLOWING:

- Meat
- Dog or cat feces
- Kitty litter
- Dairy products
- Oils
- Eggs
- Butter
- Salad with dressing
- Citrus peel (adds too much acid)
- Diseased plants
- Salty or Spicy foods
- Foods with Preservatives
- Anything with soap on it