



**Common Ground Cooperative
"Going Green"
An introduction to Vermicomposting**



www.commongroundco-op.ca

A

**Going Green:
What does it mean to you?**

Can you give us some examples of what you do at home to help the environment?



www.commongroundco-op.ca

A

Going Green means...

helping the environment by using recyclable and biodegradable materials

www.commongroundco-op.ca

A

**Common Ground Cooperative:
What we are doing to go green**

- ❖ We use biodegradable cups, lids & napkins
- ❖ We encourage our customers to bring their mugs
- ❖ We give our customers 10 cents discount if they buy coffee and use their own mug
- ❖ We use packaging made of recyclable material
- ❖ We use vermicomposting

www.commongroundco-op.ca

C

Vermicomposting



www.commongroundco-op.ca

What is Vermicomposting?

- ❖ Vermicomposting is different from your regular way of composting
- ❖ Vermicomposting is a process that uses red earthworms to eat organic waste
- ❖ These worms are incased in a wooden insulated bin which can be used year round

www.commongroundco-op.ca

C

- ❖ Vermicomposting is especially used and good for processing vegetable food scraps, coffee grounds, paper and yard waste
- ❖ Red worms produce castings (worm poo) that is very good for soil used to grow plants in your backyard

C

www.commongroundco-op.ca

Meet Mr. Wiggler



A

www.commongroundco-op.ca

Mr. Wiggler

- ❖ Mr. Wiggler is a red worm and is preferred for Vermicomposting because he eats on the go
- ❖ He's a top feeder which means he eats his food 6 to 12 inches from below the surface which makes him perfect for a composting environment
- ❖ He doesn't have any bones but made up of segments which he uses to move around with a little help from a slippery fluid that their body produces

A

www.commongroundco-op.ca

Mr. Wiggler

- ❖ He has no ears, no teeth, no eyes but lots of heart...5 to be exact so you gotta love them!
- ❖ His body is sensitive to movement and vibrations so it's hard to sneak up on Mr. Wiggler
- ❖ Mr. Wiggler is cold blooded and are most active between 16 degrees to 28 degrees. He becomes tired if the temperature falls out of range
- ❖ They have no gender

A

www.commongroundco-op.ca

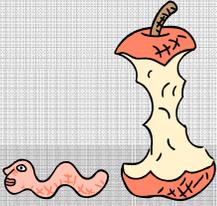
Mr. Wiggler: He's not the only one

How many worms do you need?

It generally depends on the amount of kitchen waste you produce each day

1 pound of red worms = ½ pound organic waste

The Coffee Shed at Surrey Place Centre is currently using 5000 Red Wiggler Worms!!!!



C

www.commongroundco-op.ca

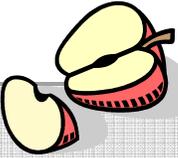
What does Mr. Wiggler need to survive?

- ❖ Mr. Wiggler needs the temperature to be between 13 and 25 degrees
- ❖ He needs a moist, damp, organic bedding in which to live in
- ❖ He needs oxygen
- ❖ He needs a dark environment
- ❖ Since Mr. Wiggler has no teeth, he will need some kind of grit to swallow and push food around. For example: Egg shells



C

www.commongroundco-op.ca



❖ It takes 6 months or longer for the organic waste to break up into small tiny pieces so it is important that food waste are cut into small pieces for Mr. Wiggler and his friends and for faster results

www.commongroundco-op.ca

A

What will worms eat?

Mr. Wiggler eat different organic materials like paper, fruit and vegetable waste, coffee grinds and yard waste.

While Mr. Wiggler on occasion will eat meat and dairy products, it's best not to give these to him as it can produce funny smells and pest problems



www.commongroundco-op.ca

A

What can Mr. Wiggler eat?

- ❖ Tea bags
- ❖ Egg cartons
- ❖ Cardboard drink holders
- ❖ Breads
- ❖ Cereals
- ❖ Grains
- ❖ Fruits & Vegetables
- ❖ All organic materials

www.commongroundco-op.ca

A

What can Mr. Wiggler NOT eat...because he's not a garbage can!!

- ❖ Plastic materials
- ❖ Glass
- ❖ Aluminum
- ❖ sponges
- ❖ Chemicals
- ❖ Straws
- ❖ Dairy & meat products

www.commongroundco-op.ca

A

IMPORTANT

It is important to note that cats should not use the Vermicompost bin as their special hangout because first, it will create funny smells and second their urine can kill Mr. Wiggler and his friends

www.commongroundco-op.ca

A

Mr. Wiggler wants to know who was listening

Group Game

First person to raise their hands to answer the following questions gets a Mr. Wiggler fun prize!

www.commongroundco-op.ca

A

Question 1

Why are red worms preferred for the Vermicompost bin rather than regular worms?



www.commongroundco-op.ca

C

Question 2

What are "castings"?



www.commongroundco-op.ca

C

Question 3

Name 3 things Mr. Wiggler can eat?



www.commongroundco-op.ca

C

Question 4

Name 3 things Mr. Wiggler CANNOT eat?



www.commongroundco-op.ca

C

Question 5

How many worms does The Coffee Shed at Surrey Place Centre use in their Vermicomposting bin?



www.commongroundco-op.ca

C

For more Information on Mr. Wiggler

Cathy's Crawly Composters
P.O. Box 13013
Bradford, ON, L3Z 1A1
Local: (905) 775-9495
Toll Free: 1-888-775-9495
email us at:
cathy@cathyscomposters.com



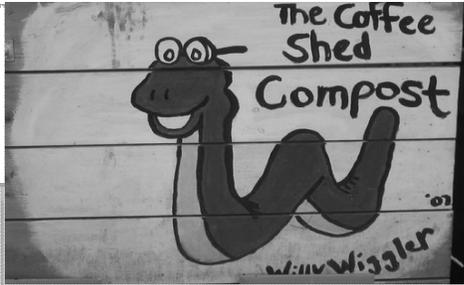
<http://www.cathyscomposters.com>

www.commongroundco-op.ca

C

Any Questions???

2 minutes



www.commongroundco-op.ca

C

Mr. Wiggler & his friends say
Thanks!!!



www.commongroundco-op.ca

A