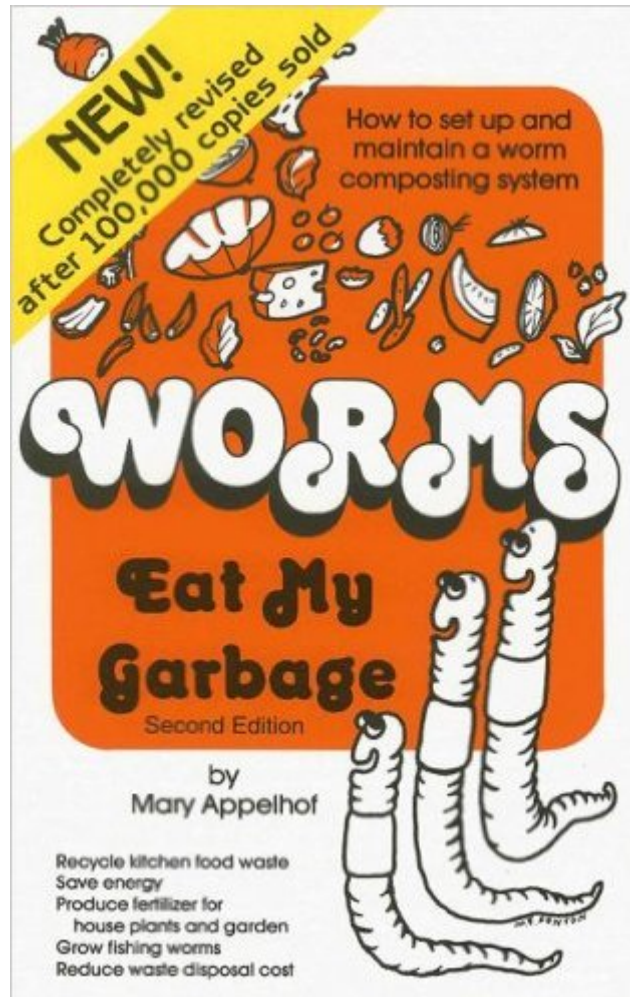


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# Worms Eat My Garbage: How To Set Up And Maintain A Worm Composting System



## Synopsis

A new edition of the definitive guide to vermicomposting--a process using redworms to recycle human food waste into nutrient-rich fertilizer for plants. Author Mary Appelhof provides complete illustrated instructions on setting up and maintaining small-scale worm composting systems. Internationally recognized as an authority on vermicomposting, Appelhof has worked with worms for over three decades. Topics include: bin types, worm species, reproduction, care and feeding of worms, harvesting, and how to make the finished product of potting soil.

## Book Information

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## Customer Reviews

This is a cute and eccentric, rather dated, oddly organized, and not very scientific guide to vermicomposting. It's fine on the basics of keeping a worm composter, but much of its advice is easy to misunderstand or understand incompletely due to the lack of good pictures and hands-on, detailed description of specific scenarios. On some issues it is simply wrong. If you really want to understand your worms and the compost ecosystem you're creating for them, you'll be better off reading multiple online sources devoted to vermicomposting and talking with people who do it. "Worms Eat My Garbage," like many guides, provides fine advice as far as it goes; it just doesn't explain much about *why* you should do this or not do that. It also fails to put the key issues front and center for people new to worm and compost care: how the worms will behave in your vermicomposter if they are healthy or unhealthy, what they need or like and don't like in their environment and diet, how to understand what you see, and the main ways you can screw up. I don't

believe the book ever points out that worms live on \*microbes\* in decomposing organic matter, and they only eat your "garbage" in the process of getting at microbes. Explaining the chemistry of composting and decomposition processes (aerobic and anaerobic) would be really helpful, but that's not really covered here either. For example, nitrogen and sugars or starches can break down into wet, potentially toxic byproducts like ammonia and alcohols, which are not good for worms in quantity, especially if the worms can't get away from them. How pH/acidity levels rise and fall is a related concern you won't learn much about from this book. Here is an example that is typical of the book's main flaw.

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