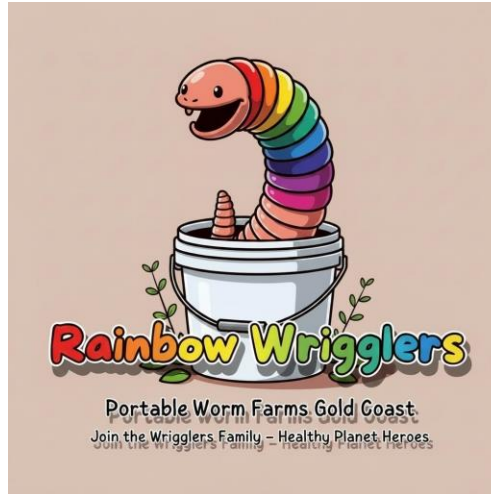




How to Feed Your Rainbow Wrigglers

Simple steps for happy worms and rich liquid gold

Your Rainbow Wrigglers system is designed to be easy, clean and odour-free when you follow these simple steps. Happy worms = better castings and more liquid gold for your garden.

What Your Worms Love

Worms Go Wild For... • Fruit & veg scraps • Coffee grounds & tea bags • Crushed eggshells • Plain paper & cardboard (brown boxes, egg cartons, toilet rolls)

Worms Say No To... • Meat, fish or dairy • Citrus, onion or garlic • Oily or greasy food • Pet waste • Glossy, shiny or coated cardboard

Golden Rule: If in doubt, leave it out!

How Often Should I Feed?

Feed your worms 1–2 times per week. Only add more food when most of the previous scraps have disappeared. Start with smaller amounts for the first few weeks while your worms settle in.

Step-by-Step Feeding Guide

1. Remove the lid (or the empty upper bucket if you are rotating).
2. Gently pull back the layer of coconut coir to expose the surface.
3. Add your chopped food scraps and/or plain cardboard.
4. Lightly mix the top layer of bedding and worms with the new food (just a gentle stir — do not dig deep).
5. Cover the scraps completely with the coconut coir layer.
6. Lightly mist with water if the coir feels dry (it should feel like a wrung-out sponge).
7. Replace the lid or stack the next bucket back on top.

Pro Tips for Success

- *Always chop scraps into small pieces — worms have no teeth.*
- *Covering the food well is the secret to no smells and no flies.*
 - *Never overfeed — less is better than too much.*
- *Keep the system in a shady spot out of direct sun and heavy rain.*

When the Bottom Bucket is Full

Once the bottom bucket is full of rich castings, simply start adding your food scraps straight into the top bucket.

Continue feeding the top bucket as normal for **2–3 weeks**. This gives most of the worms time to migrate upward toward the fresh food, so you keep as many worms as possible in your farm.

After 2–3 weeks, remove the bottom bucket and empty the castings into your garden or pots.

Optional tip: Before putting the castings on your plants, you can gently sift through them and pick out any remaining worms. Place those worms back into the top of your farm. This helps keep your worm population strong.

Then place the empty bucket back on top of the stack and continue feeding as usual.

Questions?

We're always happy to help. Email: rainbowwrigglers@gmail.com

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