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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Worm Compost Bin**

**By Anthony Tripodi**

One of the best ways to improve your garden is to stop throwing out your garbage. That's right, your used coffee grinds and banana peels can help your tomato and cucumber plants grow larger and stronger. When that same garbage is eaten and digested by a worm it becomes a powerful plant supplement known as worm castings. Starting a worm compost bin is a great way to create a steady supply of worm castings for your flower and vegetable gardens.

First thing you'll need is a bin. You can buy a commercially made worm bin but where's the fun in that. Those plastic or rubber storage bins make great worm bins. Drill a few holes in the bin so your worms get plenty of air. Just be sure to cover those holes with small pieces of window screen or something else that will keep the fruit flies out. And if you have any plumbing experience, why not add a hose spigot near the bottom of the bin to take advantage of worm tea. Worm tea is even better than compost tea for your plants. All you have to do is add a cup or two to a large watering can and fill the rest with water. Then water as normal.

Next you'll need some worm bedding. Most commonly used worm bedding for home bins is shredded newspapers. The bedding must stay moist but not water logged. Use a spray bottle to keep the bedding just right for your worms. When your order worms in the mail they will usually ship in a container filled with peat moss. Some people have stopped using peat moss as a political statement. You see peat is not a replenishable resource. Peat takes centuries to develop in swampy regions and it's just being used up too quickly. Other's argue that Peat is now created in a safe quick way and what's all the fuss about anyway. The two sides contradict each other so it's up to you to decide if you want to use it. Newspapers are readily available and you probably have a stack of them in your house already. So why not avoid the whole controversy and go with what's on hand.

And don't forget to put some dirt in the bin too. Worms don't have teeth, so they need some grit to help grind up their food. You can also use rock dust or powdered limestone instead of dirt if you like, but regular dirt from your yard will work fine.

And of course, let's not forget the worms. Digging up some worms from your yard will not work in a worm bin. Worms that come from the soil, like to live in the soil. For worm bins, you'll need red

## Worm Compost Bin

wigglers. They'll love the environment that you've created in your worm bin. How many should you buy, that depends on the size of your bin. Let's assume that you've created your worm bin for the worm castings and not to have tons of worms for your weekends fishing. That means that you're going to leave the worms in the bin until they've turned most of the bedding and food waste into vermicompost. The worm to garbage ratio is usually 2:1. That means that if you're going to put a half pound of garbage into the bin on a daily basis, then you should start with a pound of worms.

Check your bin everyday to ensure that you get off to a good start. Keep the bedding moist and the bin should stay in a spot that's about 60 to 70 degrees. Leaving the bin outside in the summer sun is a good way to cook all of your worms. And remember if the worm bin starts to smell, then you probably need more bedding.

Starting a worm bin is a fun project for everyone in the family. Get your kids involved, they'll love watching those little worms wiggle around your bin. And if you're lucky, you may see one of the kids

chase your mother in law around the house with a handful of worms. Like I said, worm bins are good times for the whole family and great for your garden too.

Anthony Tripodi is the webmaster of

<http://WatchItRot.com>

. For more information about starting a

Worm Composting Bin, visit

<http://www.watchitrot.com>

## **Why You Need A Compost Tumbler For Your Garden**

**By Anthony Tripodi**

If you're looking to turn your garbage into gardener's gold and do it in a hurry, then you should try a compost tumbler. If you have a compost bin then you know how great it is to add compost to your flower beds and vegetable garden. But making compost takes time and it's usually in short supply. A compost tumbler is a great time saver when making compost.

Some gardeners believe that compost is better than fertilizer because it doesn't just feed your plants, it also improves your soil. Improving your soil keeps your plants healthier so they grow stronger and more capable of fighting off diseases or beating droughts. Compost is decomposed organic matter and is high in nutrients that plants love. Bacteria and other micro organisms help break down that decomposing organic matter and their short life cycles become part of the process itself. When they reproduce their offspring continue the process while the parents bodies break down and add to the organic matter. It's nature's way of recycling.

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Creating compost will usually take a couple of months. If you get the ratio of browns to greens right, turn the pile to keep it aerated and don't let it dry out you'll be rewarded with fresh earthy compost. The more you tend your compost pile, the quicker your garden waste will become compost. Neglect the pile and it will still become compost but it'll take a lot longer. For an example of this examine the rich soil in a forest. As leaves and tree litter fall to the ground, there isn't anyone there making sure it's the same wetness as a wrung out sponge. But by the time the next season rolls around, a lot of those leaves have begun decomposing and in the process, they're feeding the trees and the cycle continues without any help from man.

The gardening season can be very short depending on where you live. In the Northeast we have about 4 months of time to grow the flowers, fruits and vegetables that we love. So unless you have a huge bin of compost ready to go on the first day of spring you'll need some more during the growing season. A compost tumbler is perfect for making compost fast. Now you probably won't make enough compost to fill new beds but the amount you can make is perfect to give your plants and nice top dressing.

Or if you are a composter with a pest problem, the compost tumbler will keep the critters out of your pile. The most popular tumblers are sealed up and only have holes for air. If rodents or snakes have been problems for you in the past then the compost tumbler is the solution that you've been looking for.

There's a few things you'll need to do a little differently if you're used to bin composting. First off, you'll need to add all the raw materials at once. Don't continue adding or else your compost will never be done. Add what you want and then start turning. Try to turn it everyday. If not everyday then at least a few times a week. The first few batches will take the longest unless you already have some compost that you can toss into the tumbler. Or you can use a compost activator. That's all activators really are anyway. Just someone's else's compost to help get your pile started. The bacteria and micro organisms have to get in there somehow.

Be sure not to over water when using a compost tumbler. Moisture doesn't escape as easily inside the tumbler as with a regular compost bin. And most likely your ingredients such as grass clippings or coffee grinds were already moist to begin with.

After about 3 weeks the compost should start to look like compost. It should be an even color and you shouldn't be able to tell what you put in the tumbler. If your waste is still recognizable then let it decompose a while longer. And don't forget to smell your compost. It should have a nice earthy smell to it.

If you're looking for a neat & compact composting solution that works quickly and won't receive a lot of attention from your neighbors, then look into a compost tumbler. You'll be tumbling your way to a great garden this season.

Anthony Tripodi is the webmaster of

<http://WatchItRot.com>

– The Compost Guide. For more information

about Compost Tumblers and all of your composting and gardening needs, please visit

<http://www.watchitrot.com>

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