

WHERE TO ORDER WORMS FOR VERMICOMPOSTING

Monterey Regional Waste Management District
Phone: 831-384-5313 FAX: 831-384-3567 www.mrwmd.org
14201 Del Monte Blvd. Marina / P.O. Box 1670 Marina, CA 93933-1670



The best worms for vermicomposting are the “Red Wigglers” (*Eisenia fetida*) or “Red worms” (*Lumbricus rubellus*). These worms are known as the workhorse in the composting world.



The following are some online sites to buy your worms. (Please note that availability may be subject to change.) Some sites provide extensive information and offer related resources.

www.calrecycle.ca.gov/Organics/Worms

www.vermipro.com (714-647-1275, Santa Ana, California)

www.wormwoman.com (269-327-0108, Kalamazoo Michigan)

www.thewormdude.com (San Jose)

1177 www.sonomavalleywormfarm.com (Sonoma County. Call to order 1- 800-447-6996)

How many will you need? Here's a simple formula: These worms, if happy and healthy, can typically eat half their body weight in food waste each day. Calculate how much food waste you produce in one week and divide by seven to get the average weight per day. So for example, if your household produces 7 lbs. of food waste per week, divided by seven, you have one pound of food waste per day, so you would need 2 lbs. of worms to handle your average food waste. (One pound of worms is equal to approximately 1,000 worms.)

Note: You can always start with one pound and see how they perform and how quickly they reproduce.