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Baylor College of Medicine CENTER FOR EDUCATIONAL OUTREACH

Worm Notes

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1. **What is vermicomposting?**
   Vermicomposting is a process that relies on redworms (*Eisenia fetida)* for the decomposition of organic matter.

2. **How is decomposition different in vermicomposting?**
   - Worms eat and digest organic matter quickly, speeding up the process of decomposition.
   - Most of the energy from decomposition is stored in waste (worm castings) instead of released as heat, as in traditional composting

3. **What is vermicompost?**
   It's the solid material left after the worms have eaten all of the organic matter.

4. **What are worm castings?**
   The waste material (poop) produced by worms. It's also called vermicast.

5. **Why are worm castings important?**
   - They contain many microorganisms that continue to decompose organic matter.
   - They contain many more nutrients than traditional composting alone and are a valuable fertilizer for enriching soil.

6. **Who can do vermicomposting?**
   Anyone! It can be done on a small scale by individuals using small worm bins, or on a larger scale by farmers, businesses, and others.

7. **What are some of the disadvantages of vermicomposting?**
   - only certain foods can be added
   - they take up space
   - require a lot of work
   - can be smelly
   - can be overrun by flies
   - need just the right conditions (temperature and moisture) for keeping worms alive