



## Consumption. Waste. Action

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## Welcome to the Compost Revolution!!

### NEARLY ZERO PROJECT

The **Nearly Zero Project** is our youth-based program that began inside two classrooms (K & 4<sup>th</sup>) within our each partner school, Academy 360. Then we expanded out to the cafeteria, composting over 5,000 lbs of food waste from one school! The kids brought the compost home over their school summer break. Now with these during COVID we are taking our work into all of our homes! We are working with youth to lead a micro grassroots composting revolution to see **how close to NEARLY ZERO WASTE we can all go**. Nearly 40% of our household waste is compostable-imagine all of that energy harnessed for soil building! We compost with worms, we compost in the garden, we grow food, we share all of it, we keep on learning to do what we do better, and we build beautiful nutritious soil for the future!

A360 was the first to come online.

Then they took it home.

Now it's your turn.



Follow us.

Join us.

Spread your worm love.

Always thankful for them.

And you.

We couldn't do this without you.

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### **Building a Worm Bin Instructions**

1. Drill several holes in one of the containers, this layer will fit inside the other container without holes.
  - a. 7-10 holes in each side, 10-15 holes spaced out evenly on the bottom (start by drilling very lightly so the plastic doesn't crack)
2. Gently tear newspaper into long skinny strips, place shredded newspaper into the bin
3. Add water until it feels like a wet sponge (not sopping wet, but enough that the paper is holding the water)
4. Make a small nest in the center, add your worms, add two handfuls of food.
5. Take one whole piece of newspaper, unfold the newspaper and place this paper, like a blanket, across the top of the wet shredded paper (nest) and worms, this will help to keep fruit flies out and hold moisture in)

### **Feeding Your Worms**

1. Feed them gradually larger amounts as they work on building their population.
2. Worms love fresh fruit & veggie scraps (especially leafy greens)
3. No meats, oils, salts, sugars, or cooked food
4. Worms favorite foods are banana peels (will add a lot of potassium to the compost), coffee grounds, broken egg shells, and tea bags
5. Worms also eat and decompose dead plant matter, leaves, weeds from the garden (make sure no herbicides/chemicals)
6. They can also eat hair from the hair brush (hair with no hair product) and lint from the dryer.
7. They even eat kombucha mushrooms!
8. We have learned from youth research with us that worms can have different interests in foods (they don't really like potatoes and beets!)-explore and see what your worms like best.

### **Carrying Capacity of a Bin**

Imagine that your bin is a small community of worms in a neighborhood, just like we live in a neighborhood. Think about the elements that create the survival threshold of a population...air, water, food, temperature, shelter. Over the next few months watch and see what happens in your worm bin. How often do you feed them? When do you find your first cocoons, first babies, mating worms, and see how the conditions in the bin change as your worms build their community!

Take pictures and share on our social media what you find!!!

## **Como construir una caja de lombrices**

1. Perfore varios agujeros en una de las cajas, esta caja ira adentro de la otra caja sin agujeros.
  - a. De 7 a 10 agujeros en cada lado de la caja, 10 a 15 agujeros debajo de la caja, esparciendo los agujeros y teniendo cuidado para que el plastico no se rompa.
2. Rompa papel de periodico en tiras largas y coloquelo la caja de plastic.
3. Anada agua hasta que el papel parezca una esponja mojada(sin empaparlo pero suficiente agua)
4. Construya un pequeno nido en el centro de la caja, anada las lombrices, y anada dos punados de comida.
5. Use una pagina grande de papel de periodico y cubra el nido y el papel mojado como si fuera una sabana. Esto ayudara a contener la humedad.

## **Alimentando las lombrices**

1. Alimente las lombrices y gradue la comida, aumentando la racion a medida que se reproduzcan.
2. Las lombrices les encanta la fruta fresca y los vegetales, en especial los verdes como la lechuga.
3. No le alimente carne, aceites, sal, azucar, o comida cocinada.
4. La comida favorite de las lombrices son las cascaras de banana, la borra de café, cascaras de huevo, y bolsas de te.
5. Las lombrices tambien se alimentan de plantas muertas, hojas, y maleza de el jardin.
6. Tambien pueden comer pelo de un cepillo de pelo.
7. Comen kombucha de hongos!
8. Hemos aprendido en nuestro estudio de las lombrices tienen un apetito muy variado(no les gustan las papas ni los rabanos!)

## **Capacidad de la caja de lombrices**

Imagine que la caja de lombirces es una pequena comunidad, una vecindad, al igual como la que vivimos nosotros. Piense en las cosas que necesita nuestra comunidad para sobrevivir y mantener una poblacion estable... agua, aire, comida, temperatura, refugio. Durante los proximos meses, observe y mire lo que pasa en su caja de lombrices. Cada cuanto las alimenta? Cuando encuentre los primeros capullos, las primeras crias, las lombrices reproduciendo, y todo los otros eventos, observe como cambian las condiciones a medida que las lombrices construyen su comunidad! Tome fotos y compartalas en nuestra red social los resultados!