



## Worms Eat My Garbage: How to Set Up and Maintain a Worm Composting System

By Mary Appelhof



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A new edition of the definitive guide to vermicomposting--a process using redworms to recycle human food waste into nutrient-rich fertilizer for plants. Author Mary Appelhof provides complete illustrated instructions on setting up and maintaining small-scale worm composting systems. Internationally recognized as an authority on vermicomposting, Appelhof has worked with worms for over three decades. Topics include: bin types, worm species, reproduction, care and feeding of worms, harvesting, and how to make the finished product of potting soil.

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## **Worms Eat My Garbage: How to Set Up and Maintain a Worm Composting System** By Mary Appelhof **Bibliography**

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#### Review

"... people ... will thank [Appelhof] for showing us ... how we can eat better food by growing gardens with wormpower."--**Pete Seeger, folksinger, environmental activist**

"You might say that Kalamazoo has become the epicenter of vermiculture (a fancy name for worm composting) ..."--**Anne Raver, *The New York Times***

"[This book] supplies everything you want to know about worm composting but didn't know where to ask."--***Green Living Magazine*** -This text refers to an out of print or unavailable edition of this title.

#### About the Author

Mary Appelhof was recognized as an international authority and lecturer on small-scale vermicomposting. As owner of Flowerfield Enterprises and Flower Press, she dedicated over 20 years to the research, development, and marketing of products related to the earthworm, such as the Worm-a-way worm bin for which she held both Canadian and USA patents. Mary received many honors including a National Science Foundation grant, was an invited speaker at the Global Assembly of Women and the Environment, and received special merit recognition as one of Renew America's Environmental Success Stories. Mary also coordinated the international research conference workshop on the Role of Earthworms in the Stabilization of Organic Residues and compiled its proceedings. An award-winning photographer, she held master's degrees in education and biological sciences, and taught high school biology. Mary passed away in 2005.

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