

TITLE: HOW TO BUILD A WORM COMPOSTING BOX AT HOME

NARRATOR/HOST: JENNIFER WILLIS

VIDEO	AUDIO
Jennifer Willis, standing in her courtyard, holding her worm composting bin.	“I have a box of worms in my courtyard.”
Food waste being sent down the garbage disposal.	VO: I’m wary of the garbage disposal, not certain that the sewer system can really handle that kind of garbage.
EXTERIOR: Full trash can covered in flies in a small courtyard.	VO: There’s no backyard for a big compost bin, which can get pretty stinky – I don’t want to make enemies of my neighbors.
CU: Kitchen garbage can overflowing with fruit and vegetable scraps.	VO: I also don’t want to keep throwing food scraps in the trash.
Shot of open worm composting bin, with red wigglers on vegetable scraps.	VO: A friend recommended worms. I thought he was kidding. He wasn’t.
Series of shots of commercially made worm composting bins.	VO: Worm composting – also called vermicomposting – is great for smaller living spaces, like condos and apartments, and eliminates the foul odors associated with other kinds of composting.
CU: Hand digs into pail and shows worm compost to the camera.	VO: With the right moisture and ventilation, the worms quickly break down kitchen and paper scraps.
Shots of kitchen-counter composting bin, and an under-the-sink composting bin.	VO: Commercially made worm bins are available from about \$30 and up – some small enough to store under the kitchen sink or on the counter.
Shots of worm bin bench and coffee table.	VO: There are even worm bins that double as furniture, like a composting patio bench or a custom-made vermicomposting coffee table.
Jennifer Willis sitting at the computer.	VO: A die-hard do-it-yourselfer, I found simple instructions online for constructing my own system.

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Jennifer Willis leaving the store, carrying several large plastic tubs.	VO: I bought a couple of plastic storage bins at Fred Meyer and drilled holes for ventilation and drainage.
Jennifer Willis shredding newspaper and placing the paper into the plastic bin.	VO: With plenty of shredded newspaper for worm bedding, and lots of kitchen scraps, I was ready for worms.
CU: Earthworm displayed next to a red wiggler worm.	VO: For composting, all worms are not created equal, and the garden-variety earthworm won't get the job done. I needed what are commonly known as "red wigglers" or red worms.
EXTERIOR: Bait shop. CU: Listings of worms for sale on eBay and Craigslist.	VO: Available at bait shops, they can be found less expensively through garden stores, mail-order suppliers or on eBay. Even Craigslist has composting worms posted.
EXTERIOR: Kilger house.	VO: A local Freecycler, Felicia Kilger, was willing to share some of her red wigglers with me. Free worms!
Felicia Kilger standing next to her commercially-bought worm composter.	VO: Kilger started worm composting two years ago, after getting impatient with her slow-processing traditional compost bin. She added some worms.
Felicia Kilger speaking and holding out a palm full of worms to the camera.	"The worms eat more quickly than I expected." VO: They also multiply rapidly, so she has plenty to share.
Felicia Kilger speaking outside in her yard.	"I feel better about having less waste. I guess that's the Oregonian in me."
CU: Felicia Kiler's worm composter.	VO: Kilger keeps her bin out of sight at the side of her house. She was surprised that worm composting requires very little maintenance.
Felicia Kilger speaking.	"Just throw them in your bin, and they'll do the rest."
Beth Meredith and Eric Storm on their porch next to their composter.	VO: Beth Meredith and Eric Storm keep their Worm Factory system (about \$85) on the porch of their Northwest Portland condo.

VIDEO	AUDIO
Eric Storm speaking.	“We’re very much urban worm composters.”
Beth Meredith and Eric Storm loading food scraps into their composter.	VO: They’ve been vermicomposting for nearly 10 years and have helped friends set up their own systems. VO: Storm’s advice is simple:
Eric Storm speaking.	“Do it.”
Junk mail and bank statements piled on a dining room table.	VO: They suggest using old bank statements and credit card offers as worm bedding, to dispose of sensitive information securely and conscientiously.
Beth Meredith speaking.	“It’s our paper shredder.”
Food scraps: watermelon rinds, onions, coffee grounds.	VO: Worms prefer a vegetarian diet – my worms love watermelon rinds, fresh onion and coffee grounds. Keeping the bin free of meat and dairy products keeps foul odors from developing...
CU: Raccoon on top of a trash can.	VO: ... and won’t attract scavenging animals.
Adding worm compost to an outdoor garden bed.	VO: The resulting compost is rich in nutrients and can be used to create healthier plants – in the garden and in pots.
Collecting worm tea. Pouring worm tea into the soil of a houseplant.	VO: “Worm tea” – the liquid runoff that drains out of the bin – is great for houseplants.
Friends bringing Jennifer their used coffee grounds and kitchen scraps.	VO: My neighbors made faces and joked about not wanting to find any escapees on their porches when I told them about my composting project. Now, friends donate their kitchen scraps to feed my worms. In a couple of months, I’ll have plenty of compost to share.
Jennifer Willis speaking.	“Now I’ll show you how to make your own worm composting box. It’s easier than you might think! With just a few simple steps, you’ll soon be recycling your kitchen scraps into rich compost.”
Two plastic storage bins, situated on the ground.	VO: Get two plastic storage bins (with lids), about 8-10 gallons each.

VIDEO	AUDIO
Jennifer Willis drilling holes into the side of one of the bins.	VO: Drill 10 1/16” holes along each side of the bins, near the upper rim, for ventilation (and to prevent fruit flies).
Jennifer Willis drilling holes into the bottom of one bin.	VO: Drill 20 1/4” holes in the bottom of each bin for drainage.
Jennifer Willis soaking strips of newspaper and placing them into one of the bins, while the other sits empty.	VO: Fill one bin with 3 to 4 inches of damp strips of newspaper. You can moisten the strips by soaking them in water and then squeezing out the excess. Set the other bin aside.
Jennifer Willis placing worms into the bin with the newspaper bedding.	VO: Add 1/2 to 1 pound of red wigglers to the bedding. There are approximately 500 worms per pound.
Jennifer Willis sprinkling dirt over the worms in the compost bin.	VO: Add a handful of soil or ground eggshells – this “grit” helps the worms digest food.
Jennifer Willis pushing aside a bit of newspaper bedding to bury a piece of watermelon rind.	VO: Bury food scraps (excluding meat) in the bedding, in small amounts at first. As the worm population increases, feed them more frequently.
Worm bin situated inside a garage, propped up on four bricks to allow drainage of worm tea.	VO: Keep your worm bin in a well-ventilated area and out of direct sunlight. Laundry rooms and garages make great locations. Stack it on bricks or blocks to allow for drainage – you can also use the lid of the unused bin.
Worm bin tucked into a corner of a laundry room inside the house.	VO: If the bin is outside, keep an eye on moisture levels during the summer; in winter, move the bin inside or place it in a sheltered location to protect the worms from getting too cold.
Jennifer Willis fitting the second bin -- now full of newspaper scraps -- into the first bin of compost.	VO: When it’s time to harvest your compost – in two to three months – fill the second bin with bedding and kitchen scraps, and place it inside the first bin.
CU: Red wiggler worms crawling up into the fresh bin through the hole drilled into the bottom.	VO: Attracted by the food, the worms will crawl up into the second bin through the holes in the bottom.

VIDEO	AUDIO
Jennifer Willis using a trowel to transfer the dark compost directly into an outdoor garden bed.	VO: The second box becomes the active bin, while the first is full of rich, ready-to-use compost.
Jennifer Willis, standing next to her worm bins, speaking.	“That’s it! You should check on your worms every day or so in warmer weather, when they’re more active. In the colder months, they’ll eat less, but still check on them once a week or so to make sure they have food and that they’re still in good shape.”
Jennifer Willis, standing in her garden bed, speaking.	“A home worm bin is a simple solution for kitchen scraps, and a super easy way to make compost at home. And it’s a great way to reap big benefits in your garden!”