**HOW TO RAISE MEALWORMS**

**Set Up**

1. **Order Mealworm Starter Kit and Wheat Bran** from [HeritageAcresMarket.com](http://HeritageAcresMarket.com)

2. **Purchase stacked bins** (at least 3 tiers, 6+ is ideal), window screen material, organic oatmeal, and organic carrots from store

3. **Prepare bins. Cut out and replace bottom of Beetle Bin with window screen, and add 1" oatmeal. Fill worm tray(s) with 2-3" of wheat bran.**

**Maintenance**

4. **If using more than one Worm Tray, rotate trays to allow worms to grow in one tray, while eggs are being collected in other(s).**

5. **Place beetles in Beetle Bin. Beetles will lay eggs that fall through mesh into tray below.**

6. **Worm Tray 1 collects eggs. Eggs will hatch into mealworms.**

7. **Pupae Tray holds pupae that have been hand separated from the worm trays. When pupae become beetles, they are hand separated and moved into Beetle Bin.**

8. **In 3-4 months, mealworms will be full grown! It's time to use them. Be sure to save some worms to pupate and become beetles.**

9. **To harvest worms, sift worms or hand separate from bran.**

10. **Keep beetles and worms hydrated with carrots, potatoes, or apple slices. Replace when eaten or dried out.**

**For more information, please visit [HeritageAcresMarket.com](http://HeritageAcresMarket.com)**

**Life Cycle Of A Mealworm**

1. **Adult**
2. **Eggs**
3. **Larva**
4. **Pupa**

**Shopping List:**

- [ ] Mealworm Starter Kit from [HeritageAcresMarket.com](http://HeritageAcresMarket.com)
- [ ] Wheat Bran
- [ ] Stacked Bins, 3+ trays
- [ ] Window Screen Material
- [ ] Oatmeal, organic
- [ ] Carrots, organic