

COMPOSTING AND VERMICOMPOSTING USED TO BREAK DOWN AND REMOVE POLLUTANTS FROM ORGANIC WASTE: A MINI REVIEW

ALENA GRASSEROVÁ^{1,2}, ALEŠ HANČ³, PETRA INNEMANOVÁ^{1,4},
and TOMÁŠ CAJTHAML^{1,2,*}

¹ Institute of Microbiology of the Czech Academy of Sciences, Vídeňská 1083, 14220, Prague 4, Czech Republic

² Institute for Environmental Studies, Faculty of Science, Charles University, Benátská 2, 12801, Prague 2, Czech Republic

³ Department of Agro-Environmental Chemistry and Plant Nutrition, Czech University of Life Sciences Prague, Kamýcká 129, 16500, Prague 6, Czech Republic

⁴ DEKONTA a.s., Dřetovice 109, 273 42 Stehelčevy, Czech Republic

* Corresponding author: cajthaml@biomed.cas.cz

ABSTRACT

The advantages of combining composting and vermicomposting to break down and remove pollutants from organic waste are reviewed. This mini-review aims to present the benefits of combining these methods and the outcome of specific cases of environmental remediation.

Keywords: composting; earthworms; heavy metals; organic pollutants; sewage sludge

Introduction

Organic substances occur in nature due to human activities and natural processes (Luo et al. 2014). These compounds occur throughout the environment at low trace concentrations; nevertheless, their negative effects on organisms including humans are well known. Such organic substances include pesticides, pharmaceuticals, personal care products, endocrine disruptors and industrial chemicals. Organic contaminants and heavy metals are not completely removed by wastewater treatment plants (WWTPs). The by-product, WWTP sludge, is rich in nutrients and therefore used as an agricultural fertilizer (Clarke and Smith 2011). In order to remove micro-pollutants from bio solids and at the same time maintain their valuable properties, green technologies called bioremediations are being developed (Hickman and Reid 2008). Typical biotechnologies for this purpose are composting or vermicomposting, which are environmentally friendly, low-maintenance and low-cost methods. When these two processes are combined, even better outcomes can be achieved in terms of breaking down organic matter and removal of pollutants from bio solids (Lim et al. 2016). The objective of this paper is to review the advantages of combining composting and vermicomposting in terms of both the properties of the end product and removal of pollutants.

Composting

During thermogenic composting, the organic matter is decomposed by microorganisms (Finstein and Morris 1975), so it is important to aerate the compost, in order to replenish the oxygen. Under optimal conditions, the

thermal phase takes around one month (de Bertoldi et al. 1983). The main decomposers are bacteria, fungi, actinomycetes or protozoa. Over many years, composting has also been used for the bioremediation of polluted substrates (Cajthaml et al. 2002; Cai et al. 2007; Covino et al. 2016; Iranzo et al. 2018; Guo et al. 2020; Wei et al. 2020).

Vermicomposting

Vermicomposting is a process in which earthworms are used to break down organic matter (Domínguez 2004). The decomposition starts in the gizzards of the earthworms' after which the organic matter is digested by enzymes and microorganism in their guts. Product of vermicomposting is rich in nutrients and can be re-used as organic fertilizer (Yadav and Garg 2019). If a pollutant is removed from the soil via vermicomposting, the process is called vermiremediation (Rodríguez-Campos et al. 2014). Shi et al. (2019) recently defined vermiremediation as "an earthworm-based bioremediation technology that makes use of the earthworm's life cycle (i.e., feeding, burrowing, metabolism, secretion) or their interaction with other abiotic and biotic factors to accumulate and extract, transform, or degrade contaminants in the soil environment". Processes involved in vermiremediation are vermiaccumulation, vermiextraction, vermitransformation and drilodegradation (Shi et al. 2019). Earthworms can successfully remove organic micropollutants (Chachina et al. 2016; Chevillot et al. 2017; Havranek et al. 2017; Rorat et al. 2017; Lin et al. 2019; Owagboriaye et al. 2020) and heavy metals (Azizi et al. 2013a; Suthar et al. 2014; He et al. 2016).

Combination of composting and vermicomposting used to break down organic waste

Composting and vermicomposting alone are very successful methods for decomposing organic waste. However, each has its drawbacks, which can be overcome by combining the two techniques (Lim et al. 2016). Temperatures during self-heating of the compost can increase to 80 °C (Finstein and Morris 1975). These elevated temperatures (higher than 55 °C) are necessary to suppress pathogens in sludge (Grewal et al. 2006) but at the same time are lethal for earthworms (Domínguez 2004). It is therefore reasonable to start with composting, during which the pathogens are killed and the decomposition process begins. Ndegwa and Thompson (2001) confirm that by combining composting-vermicomposting eliminates pathogens. On the contrary, starting with vermicomposting, followed by composting, results in that the system does not reach temperatures high enough to kill the pathogens.

When the thermophilic phase is completed, earthworms are added to continue the decomposition and facilitate aeration of the material. The earthworms disturb the organic material and produce very small particles with favourable agrochemical properties resulting in high concentrations of available nitrogen and phosphorus (Hanč and Dreslova 2016). The size of the particles is crucial, as small particles have a large total surface area, which makes it easier for the microbes to access the material. Tognetti et al. (2005) report another benefit of the composting-vermicomposting method. As mentioned above, the thermophilic phase is detrimental to earthworms, therefore large areas are needed for spreading the material to prevent overheating. However, if the waste is subjected to the thermophilic phase prior to vermicomposting, the latter can be initiated in the surface layer, which reduces the demands on space. The same authors report a difference between compost and pre-composted vermicompost in terms of nutrient content. The pre-composted vermicompost has higher nutrient concentrations and an enhanced microbial activity resulting in a higher yield of ryegrass when applied as a fertiliser. However, these authors also point out that the quality of the product is not only dependent on the technology used, but also on the starting material, that is, the nature of the waste and bulking agent.

Table 1 gives examples of composting-vermicomposting using different kinds of organic waste. It is apparent that the incubation time for composting and vermicomposting is not the same. Composting usually takes around two to four weeks depending on the starting material and duration of the thermophilic phase. For instance, Nair et al. (2006) suggest for producing pathogen free compost from kitchen waste 9 days of pre-composting followed by 2.5 months of vermicomposting. Thermocomposting reduces both the time and area needed

for vermicomposting by reducing the volume of material to be processed.

Composting-vermicomposting used to remove pollutants

Earthworms can accumulate heavy metals and organic pollutants (Sinha et al. 2008). Moreover, they increase their availability for microorganisms by grinding the waste into smaller particles. Earthworms generally improve soil microbial activity by stimulating the growth of bacteria and fungi both in their intestine and their faeces (Dendooven et al. 2011). Increase in activity of the detoxification enzymes cytochrome P450 and glutathione-S-transferase in earthworms are reported when they ingest different kinds of pollutants, which indicates earthworms are also able to degrade pollutants (Achazi et al. 1998; Zhang et al. 2009; Zhao et al. 2020). Earthworms are great accumulators of metals, especially zinc and cadmium, which are incorporated into their soft tissues. In that sense, earthworms can also act as indicators of metal pollution. Metals can also be transformed to a valent state inside earthworms, which makes them more available for plants.

Pollutants are not always completely removed from WWTP (Luo et al. 2014), in which case the WWTP sludge should not be used as a fertiliser, as it would contaminate field plants and the whole food chain. Composting and vermicomposting are both proven to be successful methods for removing pollutants (Poulsen and Bester 2010). However, vermicomposting is not suitable for the immediate remediation of WWTP sewage sludge due to the toxicity of NH_3 and CH_4 (Awiszus et al. 2018). Pre-composting with a nutrient-rich bulking agent, such as cow manure or green waste, stabilizes sewage sludge (Kaushik and Garg 2003; Hanč and Dreslova 2016). It not only reduces its toxicity to earthworms, but also adds nutrients to the final product.

Vermiremediation of sewage sludge or contaminated soil using pre-composting has been investigated (see Table 2). However, there is no detailed comparison of pre-composting-vermicomposting with composting and vermicomposting in terms of pollutant removal. Composting followed by vermiremediation is studied mainly for its efficiency in removing heavy metals and polycyclic aromatic hydrocarbons. Maňáková et al. (2014) report that combining these processes results in a greater reduction in the mobility and bioavailability of arsenic. The mobile arsenic pool is reduced to 4/9 of its initial value due to bioaccumulation. Soobhany et al. (2015) confirm the vermiremediation of other heavy metals with decrease in the bioaccumulation factors (BCFs) as follows: $\text{Cd} > \text{Ni} > \text{Cu} > \text{Co} > \text{Cr} > \text{Zn}$. In contrast, composting without earthworms results in a progressive increase in heavy metal concentrations due to the reduction in the volume of compost due to decomposition. Rorat et al.

Table 1 Summary of the results of composting-vermicomposting of organic wastes.

Organic waste	Bulking agent (amendment)	Composting duration (days)	Vermicomposting duration (days)	Earthworms used	Notes/Findings	Reference
Municipal sewage sludge digestate	Green waste, spent mushroom compost, wheat straw, biochar	43	90	<i>Eisenia fetida</i>	Similar outcomes as conventional composting, but kinetin concentration was two times higher.	Rékási et al. 2019
Vinasse	Bagasse, cow manure, zeolite	21	60	<i>Eisenia fetida</i>	Lower content of vinasse and higher content of zeolite resulted in better quality compost.	Alavi et al. 2017
Sewage sludge	Municipal solid waste, grass clippings, sawdust	30	45	<i>Eisenia andrei</i> , <i>Eisenia fetida</i> , <i>Dendrobaena veneta</i>	<i>Eisenia</i> species of earthworms exhibited stronger defence and higher ability to accumulate heavy metals.	Suleiman et al. 2017
Press mud	Cow dung, green manure plants	21	50	<i>Eudrilus eugeniae</i>	Ratio 2:1:1 (pressmud : cow dung : green manure plants) resulted in the high quality compost.	Balachandar et al. 2020
Garden waste	Cattle manure, spent mushroom substrate	21	70	<i>Eisenia fetida</i>	Ratio 2:1:1 (garden waste : cattle manure : spent mushroom substrate) resulted in high quality compost.	Gong et al. 2019
Pistachio waste	Cow dung	45	45	<i>Eisenia fetida</i>	Ratio 1:3 (pistachio waste : cow dung) resulted in high quality compost.	Esmaeili et al. 2020
Vegetable waste	Cow dung, saw dust, dried leaves	8	20	<i>Eisenia fetida</i> , <i>Eudrilus eugeniae</i>	Stabilized end product within a short period of time using rotary drum.	Varma and Kalamdhad 2016
Sugarcane press mud	Bagasse, sugarcane trash	30	40	<i>Drawida willsi</i>	Composting-vermicomposting method reduced the time required for composting.	Kumar et al. 2010
Rice straw, paper waste	Cow dung	21	105	<i>Eisenia fetida</i>	High fragmentation and homogeneity of vermicompost based on SEM pictures.	Sharma and Garg 2018
Press mud sludge	Cattle dung	15	135	<i>Eisenia fetida</i>	Ratio 1:3 (compressed sludge : cattle dung) resulted in good growth and fecundity of earthworms.	Bhat et al. 2016
Sewage sludge, vinasse	Rabbit manure	21	56	<i>Eisenia fetida</i>	Rabbit manure enhanced the reproduction and weight of earthworms.	Molina et al. 2013
Tomato crop residues	Almond shells	63	198	<i>Eisenia andrei</i> , <i>Eisenia fetida</i>	Vermicompost and pre-composted vermicompost had similar properties.	Fornes et al. 2012

(2017) also report vermiaccumulation of heavy metals, with decreases in BCFs as follows: Cd > Cu > Zn > Ni > Cr > Pb. Kharrazi et al. (2014), on the other hand, report increases in heavy metals concentrations in compost produced by the composting-vermicomposting process. These authors discuss possible reasons for this e.g. mineralization making metals more available or loss of the overall mass due to decomposition. They did not study the vermiaccumulation of heavy metals. Suleiman et al. (2017) report the accumulation of heavy metals by three species of earthworm, namely *Eisenia andrei*, *Eisenia fetida* and *Dendrobaena veneta*. BCFs were ranked as follows: Cd > Co > Cu > Zn > Ni > Pb > Cr. Of the earthworms studied, the *Eisenia* species exhibit the highest ability to vermiaccumulate heavy metals.

The fate of polycyclic aromatic hydrocarbons (PAHs) during vermicomposting is also reported. Rorat et al. (2017) report a significant reduction in 16 priority PAHs after 30 days of composting followed by 35 days of vermicomposting. Total amount of PAHs is reduced by up to 85.75%, with the reduction in naphthalene, acenaphthylene, phenanthrene and benzo(g,h,i)perylene the most marked. In addition to vermiaccumulation, degradation is reported, namely that of 5-rings PAHs to 3- and 4-rings PAHs. Composting alone is efficient when degrading PAHs (Cajthaml and Šašek 2005). However, degradation occurs in the final maturation phase, which can take up to 300 days. Composting-vermicomposting could therefore potentially decrease the time required to remove PAHs.

Table 2 Summary of the results of pre-composting followed by vermiremediation of pollutants.

Pollutant	Matrix	Bulking agent (amendment)	Composting duration (days)	Vermicomposting duration (days)	Earthworms used	Notes/Findings	Reference
Arsenic	Sewage sludge	Horse manure, sawdust, grass clippings	90	90	<i>Eisenia fetida</i>	Decrease in mobility to 4/9.	Maňáková et al. 2014
Heavy metals	Municipal solid waste	Food waste, paper waste, yard waste, cow dung	17	53	<i>Eudrilus eugeniae</i>	BCFs: Cd > Ni > Cu > Co > Cr > Zn.	Soobhany et al. 2015
Heavy metals	Sewage sludge	<i>Miscanthus</i> green waste, market waste, organic fraction of municipal solid waste	30	35	<i>Eisenia andrei</i>	BCFs: Cd > Cu > Zn > Ni > Cr > Pb.	Rorat et al. 2017
Heavy metals	Sewage sludge	Corn waste, cow dung, compost, paper	30	40	<i>Eisenia fetida</i>	Increase in heavy metal content due to the decrease in overall mass.	Kharrazi et al. 2014
Heavy metals	Pig manure	Rice straw	15	45	<i>Eisenia fetida</i>	Increase in the Cu and Zn availability after vermicomposting.	Zhu et al. 2014
Heavy metals	Sewage sludge	Spent mushroom compost	21	105	<i>Lumbricus rubellus</i>	90–98.7% removal of Cr, Cd and Pb.	Azizi et al. 2013a
Heavy metals	Sewage sludge	Municipal solid wastes, grass clippings, sawdust	30	45	<i>Eisenia andrei</i> , <i>Eisenia fetida</i> , <i>Dendrobaena veneta</i>	BCFs: Cd > Co > Cu > Zn > Ni > Pb > Cr.	Suleiman et al. 2017
Petroleum hydrocarbons	Soil	Compost	x (compost as amendment)	15	<i>Eisenia fetida</i>	Enrichment of microorganisms after adding compost as an amendment.	Ceccanti et al. 2006
16 priority PAHs	Sewage sludge	<i>Miscanthus</i> green waste, markets waste, organic fraction of municipal solid waste	30	35	<i>Eisenia andrei</i>	Degradation of 5-ring PAHs to 3- and 4-ring PAHs is reported.	Rorat et al. 2017
Anthracene, phenanthrene, benzo(a)pyrene	Soil, sewage sludge	x	21	60	<i>Lumbricus rubellus</i>	99.99% PAHs removed.	Azizi et al. 2013b
Asphaltenes	Heavy fuel oil	Cow bedding, rice husks, seaweed extracts, potato peelings	112	183	<i>Eisenia fetida</i>	Microorganisms obtained carbon and energy from asphaltenes.	Martín-Gil et al. 2008

Conclusion

Pre-composting is an important step when decomposing organic waste by vermicomposting. It facilitates its breakdown, suppresses pathogens and decomposes toxic compounds, which could harm the earthworms. Moreover, as it results in a reduction in mass, less time and space is needed for vermicomposting. Pre-composting can be also used prior to the vermiremediation of WWTPs sludge and contaminated soil. A combination of composting and vermicomposting has been successfully used for removing polycyclic aromatic hydrocarbons and heavy metals. However, no research has been done on using this method for removing other organic pollutants, such as pharmaceuticals or endocrine disruptors. This mini-review indicates that composting-vermicomposting is a promising low-cost and environmentally friendly way of treating contaminated WWTP sludge.

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