

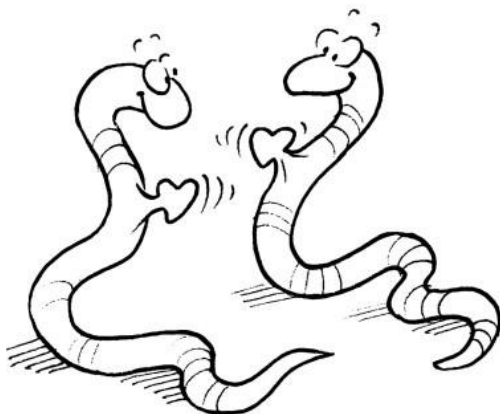


Hey there, worm lovers!

This month, Castings is celebrating its **200th** issue. The very first Castings was written in March of 1997—almost ten years ago! Castings was created to go hand-in-hand with our Adopt-a-Worm program, in order to help teach teachers and students learn about worms and vermicomposting. We hope you've picked up some cool info and fun facts along the way. Thank you for making both Castings and the Adopt-a-Worm program a

Cuddle up close!

Have you noticed that your worms like to cuddle? Next time you feed your worms or fluff their bedding, see if you can find a group of worms that are curled up together. Sometimes they are cuddling so tightly that it's impossible to separate them! Why do you think worms like to cuddle so much?



Answer: Worms communicate with each other by cuddling! Worms don't have mouths and ears like you do, so they can't use words and sounds to talk or listen. Instead, they communicate by getting really close and wiggling up against each other. Wiggling creates vibrations, which their worm friends can understand. Imagine if you could only talk to your friends by standing side by side and rubbing your shoulders together. That's basically how worms talk to each other!

"Why do worms leave yellow liquid on my hand?"

Sometimes when you hold your worms, you may notice that they leave a yellow liquid on your hands. A lot of people think it's urine, but it is not! That yellow liquid is called *coelomic fluid*, and worms produce this fluid when they are scared, stressed out, or getting too dry. After all, your worms are used to a very dark and moist home. Compared to their worm bin, your hands are very warm and dry and unfamiliar! It is very important to be extra gentle with your worm friends if you are touching or holding them... and if you notice that they are producing yellow liquid, it's probably time to return them to their bin.



Send any questions, art or inquiries to:
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