

Hello, Mr. Wiggles here. I think it is a good time to review what my Red Wiggler friends and family need:

Oxygen :

Red Wigglers breathe through their skin. So the bin needs to be fluffed once a week to ensure the worms do not suffocate.

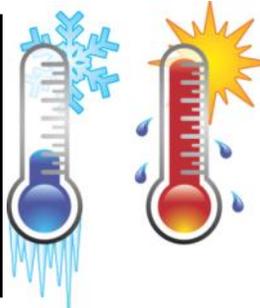


Water:

Red Wigglers need some moisture otherwise they will dry out. The bin should be as moist as a wrung out sponge; not too wet and not too dry.

Temperature:

Red Wigglers thrive in temperatures between 10°C–25°C. They cannot survive temperatures colder than 10°C.



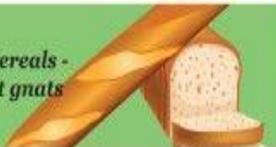
Light:

Red Wigglers enjoy the darkness. Make sure the lid to your worm bin is on to keep excess light out.

Side Notes:

- keep your worm bin out of direct sunlight
- cover up all food when feeding the Red Wigglers so it will not attract fruit flies

WHAT TO FEED YOUR WORMS:

Yummy!	Yucky!
 <p>Anything green - especially the leafy stuff!</p>	 <p>Citrus - no orange, lemon or lime</p>
 <p>Fruits</p>	 <p>Fats, Oils, Salad dressing</p>
 <p>Vegetables</p>	 <p>Breads & Cereals - can attract gnats</p>
 <p>Coffee grounds & filters</p>	 <p>Salts - no seasoned food</p>
 <p>Tea bags</p>	 <p>Meat - creates odors</p>
 <p>Brown Paper, Black & White newspaper</p>	 <p>Sugars - no processed food</p>
 <p>Eggshells - crushed; adds calcium</p>	 <p>Garlic, Onions - creates odors</p>

Send any questions, art or inquiries to:
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REAPS READER

Have you helped the environment today?

Valentine 's Day is fast approaching (February 14th, 2018).

Here 's a lovely recipe to share with your class:

Red Velvet Cupcakes



Prep. Time = 20 mins Cook Time = 20

mins

Yield = 30 Cupcakes

Cake Ingredients:

- ◆ 2 1/2 Cups Flour
- ◆ 1/2 Cup unsweetened Cocoa Powder
- ◆ 1 Teaspoon Baking Soda
- ◆ 1/2 Teaspoon Salt
- ◆ 1 Cup Butter, softened
- ◆ 2 Cups Sugar
- ◆ 4 Eggs
- ◆ 1 Cup Sour Cream
- ◆ 1/2 Cup Milk
- ◆ 1 Ounce Red Food Colouring
- ◆ 2 Teaspoons Vanilla Extract

Frosting Ingredients:

- ◆ 1 (8 ounces) package Cream Cheese, Softened
- ◆ 1/4 Butter, softened
- ◆ 2 Tablespoons Sour Cream
- ◆ 2 Teaspoons Vanilla Extract
- ◆ 1 (16 ounce) box Confectioners ' Sugar

Directions:

- 1) Preheat oven to 350°F. Mix flour, cocoa powder, baking soda and salt in a medium bowl. Set aside.
- 2) Beat butter and sugar in large bowl with electric mixer on medium speed 5 mins or until light and fluffy. Beat in eggs, one at a time. Mix in sour cream, milk, food colour, and vanilla. Gradually beat in flour mixture on low speed until just blended. Do not over beat. Spoon batter into 30 paper-lined muffin cups, filling 2/3 full.
- 3) Bake 20 mins or until a toothpick inserted comes out clean. Cool in pans on wire rack for 5 mins. Remove from pans; cool completely.
- 4) To make Frosting: Beat cream cheese, butter, sour cream and vanilla extract until light and fluffy. Gradually beat in confectioner sugar until smooth.
- 5) Frost and Enjoy!

After you're done sharing with your classmates, don't forget us too. We love eating cupcake liners with cake bits on it!

