

*Hello* and Happy Holidays!. Are you excited for the winter break? Well, don't forget about your worms when you are getting ready to leave. Below are some tips to make sure they will have a happy holiday too. Questions or concerns make sure to let the Worm Lady know! See you next year!

## Caring for your Worms over the Holidays

Here are some things you need to keep in mind before you go on holidays to make sure your worms stay happy and healthy.

- 1) Make sure that the bin is moister than usual, so it won't dry out.
- 2) Make sure that the worm bin is not in an area that is too hot or cold.
- 3) Fluff up the bedding very well and unplug the holes in the bottom.
- 4) Feed them double the amount of food.
- 5) Check the worms as soon as you get back. Make sure their bedding is moist, give them a good fluffing, and ensure they have food to eat.

## Benefits of Castings in our Gardens

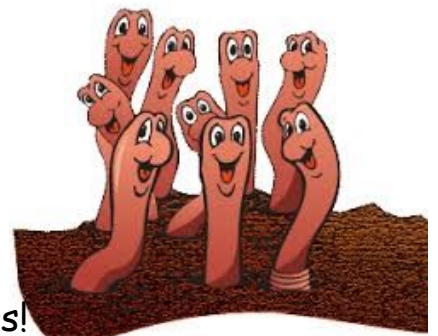
The goal of our worm bins is to harvest the castings throughout the year. These castings, the excrement of the worms, produces great amounts of productive nutrients that create fertile, productive soil. Such nutrients ensure that our plants can grow taller, stronger, produce more fruit, and contribute more to our environment.

Some of these nutrients include nitrogen (less than 1%), phosphorus (at round 1%), and potassium (slightly greater than 1%). These numbers appear low, however it does mean that they are readily available for plants to use.

Besides better plant growth, other benefits include:

- ◆ Odour elimination from the soil;
- ◆ Soil softening;
- ◆ Fungus control;
- ◆ Keeps insects away;
- ◆ Among many more.

So remember the importance of our worms, and our castings!



Send any questions, art or inquiries to:  
**The Worm Lady c/o R.E.A.P.S Box 444 Prince George, BC V2L 4S6**  
 Ph: 250-561-7327 or email: [thewormlady@reaps.org](mailto:thewormlady@reaps.org)

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## Staying Green for the Holidays

The holidays can be a time of year when we produce the most waste. We can learn to scale that back with some simple tips:

**Reduce, reuse and recycle your wrapping paper!** Try making your own wrapping paper instead of buying rolls of it. You can make your wrapping with any kind of paper, paper bag, magazines and newspaper. You can decorate it and afterwards it can be Recycled.

**Give the gift of less waste.** Don't focus on material items -remember, you can also gift services as well. Consider signing that loved one up for ballet lessons or cover their travel expenses for a trip.

**Use LED Christmas lights.** These are now available from all retailers, and use about 90% less energy than standard lights. LED lights are also safer because they don't heat up and there's no chance of combustion or burning. They also last longer, if one burns out the rest will keep on glowing.

**Remember your reusable bags.** No matter where you end up for your holiday shopping remember to bring your reusable bags! They come in all shapes and sizes so you will never be without the right kind for your shopping needs.

**Recycle your tree!** Look for the dates of the annual Lions Club collection to dispose of your tree after Christmas, or better yet buy/get a tree with the roots still attached and plant it in the spring.

**Have a seasonal dinner.** Trying to decide what to serve for during the holidays? Visit the Farmers Market and buy locally sourced food as possible. Items such as cabbage, beets, potatoes and carrots, along with other root vegetables, should still be available.