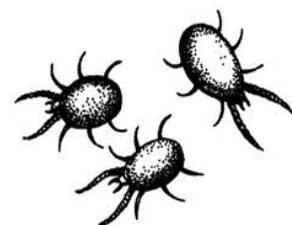


**Hello**, to all my wormy caretakers! I trust everything is going well with our crawly friends. By now you may have noticed that there are more castings being made—*Gardener's Gold!* As you're fluffing the bedding and adding the food you may notice some other critters in your bin. Some of the are good and actually help you worms and some are just the opposite. Here are a few common ones you might find.

**Mites:** These are common pests found in worm bins. Mites are very small and will look like tiny dots of sand crawling around on the surface. Most mites are not harmful towards you worms but they can stress them out in large numbers. If your bin becomes over populated with mites it might be because there is either too much food or it is too wet. Add some dry bedding and fluff if it's too wet, and if your bin has too much food discontinue feeding until there's no food left. You can also add a piece of dry bread or melon to attract the mites then dispose of it after a day. Repeat until mites have depleted.



**Fruit Flies:** Fruit flies can be quite annoying once they get into your bin. To kill their eggs you can either microwave or freeze you food before you put it in your bin ( make sure its room temp before adding to bin) as well as burying the food deeper and not always in the same place. Also make sure to keep about 2 inches of moist bedding on top of your worm bin, this will make is difficult for the flies to lay their eggs. To reduce existing populations you can also make a trap and place a bottle with some juice and a couple of drops of soap in it and some saran wrap over it with some tiny



**Centipedes:** Centipedes are fast moving and have a flattened shape with a single pair of legs on each segment. They are harmful to your bin because they will eat your worms. If you have centipedes in your bin the only way to get rid of them is to squish them as you see them. The good thing about centipedes though is that they are territorial so they're won't be very many in any given location.



**Millipedes:** Not to be confused with centipedes, millipedes are big, fat, round and segmented with 2 legs per pair on each segment, millipedes are also very slow moving. While centipedes are harmful to your worm bin millipedes are actually a help. They feed on plant material and break down large pieces of material for other decomposers such as your worms.



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