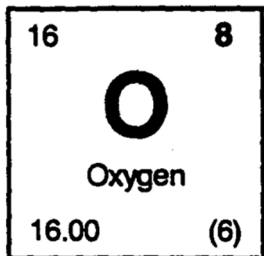
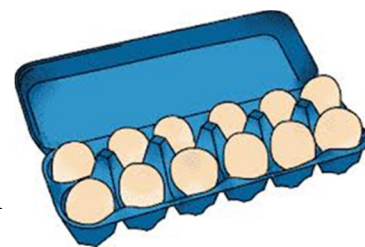


Hello friends! Remember to feed your hungry worms! Also the worms would greatly appreciate it if you fluff and keep their bedding moist and away from direct sun. Here are some other great tips for taking care of your worm bin.



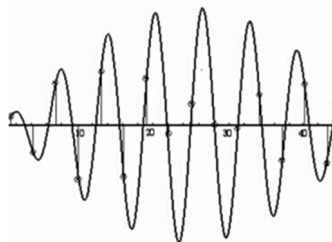
Oxygen: Worms, just like us, breathe oxygen except they don't have noses! Instead they absorb water and air through their skin. Fluffing their bedding helps make sure they have enough oxygen to breathe.

pH: Similar to us, worms like a pH between 6.8-7.2. To check the pH of your bedding, use a strip of litmus paper. If the pH is too basic (high), add 3 parts water to 1 part vinegar. If it is too acidic (low), add powdered limestone and water or crushed egg shells.



Temperature: Like us, worms prefer room temperature but can survive anywhere from 4-21 degrees Celsius. If worms freeze, they will die but if their cocoons freeze, the eggs will still hatch when the weather becomes warmer.

Light: Although worms do not have eyes, they are still sensitive to light and dislike it. That is why you will find worms burrowing down deep into the soil so they don't dry out. So make sure you keep a lid on your worm bin.



Vibration: Since worms don't have ears, they use their skin to sense things. They are particularly sensitive to vibrations and hate them. Make sure the bin isn't by anything that vibrates (like a refrigerator) and to talk in quiet voices when you hold them.

Food: Worms enjoy lunch too! Just not meats, dairy and oils. They do like fruit and vegetables though. Feed acidic foods like coffee grounds and citrus fruits only in small amounts to them.



Send any questions, art or inquiries to:
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