

**Hello** to all you worm lovers out there! Your worm friends have been hard at work these past few months producing castings. There are many uses for this worm poop, both indoors and outdoors. To book an appointment for a worm harvest, call (250) 561-7327 or send us an email. [Wormlady@reaps.org](mailto:Wormlady@reaps.org)

### Indoors

Add them to potted soil for house plants. They act as a nutritious meal for the plants that get released every time the soil gets watered. If you are starting with seeds indoors, mix 1 part castings to 3 parts soil.



### Outdoors

Castings can be used in the garden and incorporated into the soil. Place anywhere from 1 to 4 inches of castings onto the soil. It is gentle enough to not burn your seeds or plant roots.

### Lawns

Spread as topdress at a rate of 10 lbs worm castings per 100 square feet of lawn and watch your lawn grow lustrous.



### Worm Casting Tea

Make this thirst-quenching drink for your garden by soaking a few tablespoons of worm castings in 4 litres of water overnight. The tea can then be strained and diluted. Water house or garden plants with this naturally nutritious fertilizer.



## Cooking with Worms—for the MacGyvers

Did you know eating worms is healthy for you? They are made from 82% protein and can reduce cholesterol (a type of fat) levels. Plus you can eat them whole as they don't have bones!

### Earthworm Meatloaf

Prior to cooking examine a handful of worms. Get rid of any dead ones. Then rinse them in cold water. Pat dry. They are now ready for cooking or freezing for later use. So, how to cook them? Usually the worms are boiled first before used any other way. They are boiled to get rid of the mucus (slime) that surrounds them.

#### Ingredients:

- 1 1/2 pounds ground meat
- 1/2 cup boiled worms, chopped finely
- 1 onion soup mix
- 1/2 cup evaporated milk
- 1/2 bell pepper, chopped
- 1 slice fresh bread, shredded



Mix all ingredients together and place in a loaf pan. Bake for 1 hour at 400°F.

Happy Cooking!

Send any questions, art or inquiries to:  
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