

Hello to all you worm lovers out there! If you have any questions regarding your worms, or if you are new to the process and would like more information, please reach out to us by calling (250) 561-7327 or send us an email at wormlady@reaps.org.

Worms have their favourite foods, just like us humans.



As it turns out, worms have many of the same food tastes as humans, when it comes to naturally occurring foods, and some starchy foods. This is why composting with worms (vermicomposting) works so well. Worms enjoy:

- ◆ Fruits
- ◆ Vegetables
- ◆ Egg shells (seen above)
- ◆ Spongey foods like cake
- ◆ Shredded paper

Happy Halloween!



October is here, meaning Halloween is upon us once again. When October 31st is over, don't forget to vermicompost your pumpkins—**worms love to eat pumpkins!** They also enjoy fruits, vegetables, and other festive squash you may have collected during the month of October. While on the topic, here is a brief reminder of Halloween treats that you should not be putting into your worm-filled compost bin:

- ◆ Any type of candies, hard or soft gummies
- ◆ Chocolate bars
- ◆ Other sweets

Cooking Corner

Earthworm Chow

- 1 c. earthworms
- 1/2 lg. onion, chopped
- 1/2 c. water
- 1 bouillon cube
- 1 c. yogurt or sour cream
- 3 tbsp. butter
- 1/2 c. mushrooms
- Whole wheat flour

Wash earthworms thoroughly and place in boiling water for three minutes. Pour off water and repeat the boiling process twice. Bake on cookie sheet at 350 degrees F. for 15 minutes. Roll the worms in flour, brown in butter, add salt to taste. Add bouillon and simmer for 30 minutes. Saute onions and mushrooms in butter. Add onions and mushrooms to the worms. Stir in sour cream or yogurt. Serve over rice or noodles.

Most people shudder at the mention of earthworms for food, but they are 97 percent protein and one of the most available and healthful foods outside your door.

Healthy Schools Initiative: Grant funding is available to schools through the Healthy Schools BC website, that combines and summarizes opportunities into one location:

<http://healthyschoolsbc.ca/healthy-schools-bc-resources/healthy-living-grants/other-healthy-school-grants/>

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

REAPS READER

Have you helped the environment today?

*Did you know that REAPS has over **30 FREE** presentation? You can email us at garden@reaps.org or download one at www.reaps.org or giving us a call at 250-561-7327. We look forward to hearing from you!*

How to Have a Green Thanksgiving and Halloween

Thanksgiving and Halloween are days to be celebrated in the exciting month of October. We at REAPS will be celebrating, too, in a green way. Here are the things that we will be doing, and suggest you do as well:

Compost your food scraps. Ensure that all fruits, vegetables (even though you should eat them at thanksgiving dinner!), your Halloween pumpkins, among other things. Ensure that you compost all that you can!

Recycle your beverage containers. After the meal or celebrations, check your garbage to see if it can be recycled. If possible, take your bottles or other items to a local depot, or check to see if you can put it out for collection on recycling pick up days.



Waste Reduction Week

In addition to Thanksgiving and Halloween, October *also* means that it is time for Waste Reduction Week! This will be happening on **October 19-25**, and REAPS encourages you to take part.

Following the above tips on how to reduce your waste during those days of celebration, also ensure that your waste is being sorted into composting (if you have one), recycling, and trash. You can also follow along with the Three "R"s:

Reduce the amount of things you buy or acquire;

Reuse the things you already have, or repurpose something you were planning to throw out into something else that you need;

Recycle if you must get rid of it.

REAPS' annual Waste Reduction Challenge!

We are inviting you and your class to take part in our annual challenge and see how little waste your class can produce. The completion runs from October 19-25 and the winning class will have a chance to win \$200 to use in your classroom.

If you are interested in taking part or if you have any questions or concerns please give us a call at 250-561-7327 or email events@reaps.org