

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.

Benefits of Castings in our Gardens

We all know that we have some awesome worms living in our bins. But *why* are they there? What purpose do they serve, besides being great company and tiny pets? What benefit do they hold for us?

The goal of our worm bins is to harvest the castings towards the end of the year. These castings, the excrement of the worms after eating the food we give them, 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!

Refrain from Food Waste during the Holiday Season

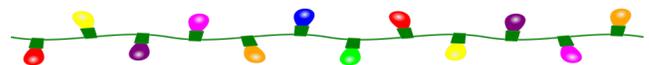
The holidays are a time when we create the most waste. We also consume a lot of food. Coincidence? Not likely.

You can help to reduce waste and assist your garden by ensuring that food scraps (that worms are able to consume and that they like) are fed to our worms.



Happy Holidays and Merry Christmas from REAPS!

We would like to wish you an enjoyable holiday season and the best of luck in 2016!



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:
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