

Hello friends! Welcome to the May edition of *Castings*, today we'll be talking about uses for worm castings, but first, a reminder. It's getting close to the end of the school year and it's almost time to harvest your worms! They have been working very hard all year to give you wonderful castings for your gardens. It's about time that your worms get to kick back and relax with all their other worm friends and family at the REAPS garden. So be sure to call the Worm Lady to set up an appointment with her to help your class search for all of their wiggly friends!

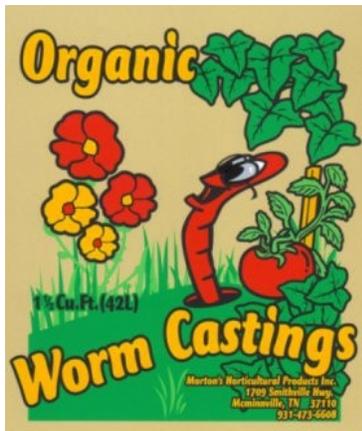


What to do with all these castings?

Once your worms have been harvested, you will be left with all of their castings. Worms can be harvested every 1-3 months. Once the bedding becomes brown and earthy looking, your castings are ready for use!

For a new garden or new seeds or seedlings, mix 1/3 castings with 2/3 potting soil. For an already established garden, dig castings into soil around plants, or spread 2-5 centimetres on top of the soil. Castings are great for soil with too much clay, as it aerates and loosens it. You could also try using castings around trees and shrubs as a mulch.

Watch your garden grow bigger and healthier with the help of your worms!



Homemade Worm Poop Facial Mask?

Another unique idea for your worm castings is to use them as a homemade facial mask! The same microorganisms in castings that your plants love are also beneficial for your skin. Are you ready to try out this innovative use for worm poop?! You'll need:

- Worm castings
- Water
- Your favorite oil to use on your face, such as coconut oil

Mix a small amount of your worm castings into the water until you get a thin paste. Spread it onto the skin and let sit for 10 minutes. Then thoroughly wash your face with water and a washcloth. Be sure to hydrate your skin afterwards with coconut or another oil.

Hope you enjoy your clean beautiful skin, care of our worm friends!



Send any questions, art or inquiries to:
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