

April has arrived with some very important dates to remember— Watch out! April 1st is April Fools' Day. April 22nd is the worms' and the Worm Lady's favourite day—that's because it's Earth Day! You can celebrate Earth Day too by helping the Earth in whatever way you can— choose products with **reduced** packaging, **reuse** materials so that new ones don't have to be made, and **recycle**

How many worms would it take to hug the Earth on Earth Day?



About 801,500,000!

If every worm was 5cm long and was lined up around the Equator (40 075 km)



## Did You Know?!

Worms don't have lungs to breathe like humans; instead, their blood releases carbon dioxide and absorbs oxygen to and from the air through the worms' skin!

This is called *respiration*. Therefore, it is important to keep the soil in your worm bin well fluffed.



Think eating worms is only a prank to play on your friends on April Fools Day? Actually, worms have been an important food source for many peoples around the world. Worms have three times the amount of protein as beef—they can be up to 83% protein! They are also a great source of healthy fats like Omega 3, which reduce the chance of heart problems. Mexico to China to Botswana, worms have provided humans with excellent indirect (castings) and direct sources of food.

Ask your parents too make or help you with this recipe that is sure to tickle your taste buds!

### Earthworm Meatloaf

- 1 1/2 lbs ground beef
- 1/2 cup boiled earthworms, finely chopped
- 1 envelope dry onion soup mix
- 1/2 cup evaporated milk
- 1/2 bell pepper, chopped
- 1 slice fresh bread, torn into bits

Mix all ingredients together and place in a loaf pan. Bake for 1 hour at 400F. Serves 4 - 6.



Send any questions, art or inquiries to:

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