



Happy Valentines Day!!! Be sure to let your worms know how much you love them this Valentines Day by following some of the Worm Lady's love advice. Wilma the Worm also wants you to know that she is having a great time eating up all your fruit and veggies left over from your lunch! Keep up the good work packing a healthy lunch. If you have any questions or concerns please feel free to phone or email the Worm Lady.

## Critters that might be moving in on your worms:

### *Potentially harmful*

**Mites:** These are the most common invertebrates found in compost. One very common mite is globular in appearance, with bristling hairs on its back and red/orange in colour. Most mites are not harmful to your worm unless there is a large population of them., then they stress the worms. Brown predatory mites are harmful to your worms however, they are rarely found in worm bins. If your bin becomes over populated with mites it may be too wet or have too much food. Add some dry bedding and fluff if too wet and if your bin has excessive food discontinue feeding until food becomes depleted. A piece of melon or bread can be added that will attract the mites. Remove this melon or bread daily and dispose.



**Fruit Flies:** Are quite pesky creatures if they get into your bin. To kill their eggs you can freeze or microwave the food before adding it to the bin (ensure that it is at room temp. before feeding it to the worms). Also, keep ~2inches of moist bedding on top of your worm bin to make it difficult for them to lay eggs on the food. To reduce existing populations create a trap by placing some juice with a couple of drops of soap in a bottle with saran wrap over the top with small holes in it to allow the flies in. Place it in or beside your bin. The flies become trapped when they go to lay there eggs



## *Make your loved one some Caramel Earthworm Brown-*

- 1 package of your favourite brownie mix
- 2 tbsp of earthworm flour
- 1 cup chopped nuts
- 1/4 cup bottled caramel sauce

Combine the brownie mix with the earthworm flour and prepare according to package directions. Stir in the nuts.

Pour one half to two-thirds of the batter into the pan. Drizzle the caramel sauce on top of the batter. Pour the remaining batter on top of the caramel sauce.

Bake according to package directions. Serves 8 to 10



**Millipedes:** These long slow moving cylindrical creatures with 2 pairs of legs per segment, feed on decaying matter and are beneficial to your bin. Don't confuse these with centipedes, you have flat bodies and only one pair of legs per segment Centipedes are harmful and will eat your worms.

### *Beneficial*

**Sow Bugs:** Fat bodied crustaceans with delicate plate like gills on their abdomens which must be kept moist. They move slowly eating decaying vegetation. These creatures are beneficial to your bin.



**Springtails:** These small wingless creatures are very numerous in compost. You can identify them by there small pear shaped bodies and ability to jump (there are some species that are spring-less). They chew on decomposing plants, grain and fungi making it easier for worms to ingest. Therefore these creatures are beneficial to your bin.

Send any questions, art or inquiries to:  
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