

**HELLO**, did you have a good Thanksgiving and Halloween? Your worms would like to thank you for not sharing any of your turkey or candy with them, but they love all the fruits and vegetables you are giving them. Have you started to notice that there is less bedding and more earthy soil in your bin? If you have it is almost time to harvest your bin. Not sure what to do? Phone the worm lady and she will come and explain what needs to be done. Have any other questions? Please phone or email the worm lady.

## CASTINGS

Wondering what that earthy type soil is in your bin? Well that is castings. Castings are the product that comes from your worms after they have eaten something. In other words castings is worm poo.

Why would we want to make worm poo? Well, besides getting rid of some of our waste castings are very beneficial for plants.

The castings that your worms have created contain more nitrogen, potash and calcium, all of which help plants to grow, than the good top soil we normally plant our plants in.

Castings are also helpful because the plant can use the nutrients when it needs it. This is unlike normal fertilizers which are only good right when they are added.



### Fun Fact

The worms in your bins are often called red wigglers they are also called red-worms, manure worms, red hybrid or tiger worms

You can use your castings in many ways. One way is to add to the top of your house plants and scratching it into the soil. This can be done every two to three months.



Castings can also be used to make a better potting soil. Simply mix 1 part castings with 3 parts potting soil. This mix is good for growing seeds in.

Once spring has come your castings can be used to top dress your plants from vegetables to roses to flowers. Add 1'' to 3'' and mix it into the present soil with a fork or your finger tip.

Lawns, both established and new, like castings. New lawns can have from 20 pounds to 100 square feet and established 10 pounds to 100 square feet. Have any nasty brown spots? Add grass seed and castings and you will have nice grass in a few days.

Lastly you can top dress perennials with castings in spring early summer and fall. Somewhere between 2'' and 4'' is good.

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](mailto:thewormlady@reaps.org)**