

HELLO,

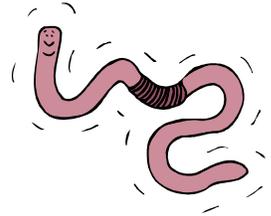
to all our worm sitters! By now, our worm friends should be settling in and feeling right at home. Pretty soon you'll start to see lots of castings (worm poop), and if you look really closely, you may find some baby worms, or even tiny worm cocoons. If you have any problems, the Worm Lady is just a phone call away. Remember, your worms like a specific environment just like you do. See below for some tips on keeping your worms happy and healthy. Have a safe and happy Halloween!

Worm Bin Care:



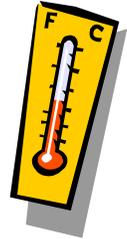
OXYGEN

Worms are aerobic digesters. They need air, but instead of using noses they absorb oxygen through their skin. When you fluff their bedding, you are making sure their environment has enough oxygen.



TEMPERATURE

Worms like room temperature, just like us! However, they can tolerate a range of temperatures, from 4°C to 29°C. If the worms freeze or overheat, they will die, so keep your bin away from open windows or heat sources.



PH

The ideal pH for worms is neutral, 6.8 - 7.2, just like us! You can use litmus paper to check the pH of your worm bin. If the paper turns red, the pH is too high (alkaline), so add a mixture of 3 parts water: 1 part white vinegar. If the paper turns blue, the pH is too low (acidic), so add some crushed egg shells.

LIGHT

Although worms do not have eyes, they are still sensitive to light. Worms absorb light through their skin. Worms like a dark environment, which is why you should keep the lid on your bin.

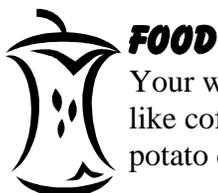


VIBRATION

Worms hate vibrations! Keep your worm bin away from anything that vibrates, like the refrigerator or the dryer, and **never** shake the bin!

MOISTURE

If your bin is too wet, your worms could drown, but if it is too dry, your worms will dry out. Keep the worm bin about as damp as a wrung out sponge.



FOOD

Your worms are vegetarians, so don't feed them any meat, oil, or dairy products. Feed acidic foods like coffee grounds, tea bags, and citrus only in small quantities, and never feed salty foods like potato chips, or manure or grass clippings.

Send any questions, art or inquiries to:
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