



Hello! Happy Halloween! Your friends at REAPS would like to thank everyone who is taking care of our wormy friends this school year. The worms would like to remind you to keep their bedding moist like a wrung out sponge, to fluff their bedding once a week, and not to feed them any meats, oils or dairy products. When their bedding is gone, it will be time to harvest the bin. The Worm Lady will let you know when the time has come. And remember not to feed your worms any candy this Halloween.



Castings = Worm Poo

You may have noticed some of the paper and food wastes in your bin starting to disappear and a dark brown dirt appearing. This dirt is called Castings and essentially is Worm Poo.

You may be wondering how worms make castings?

A worm has a small pad of flesh that sticks out over the mouth, called a prostomium or pad; kind of like a mini elephant trunk. When the worm gets hungry, the pad stretches out in search of something tasty. When he/she finds something tasty, the pad pulls the food into the mouth then closes over it. The food has been previously softened by various other decomposers and is swallowed by the worm. Worms do not actually chew their food with teeth. Instead, the food is directed into the gizzard where sand helps grind up the food into small pieces. Once the food is ground it leaves the gizzard and enters the digestive tract where nutrients are absorbed into the bloodstream. The food that is not usable to the worms body is excreted through the anus as castings!

Worms in Dirt

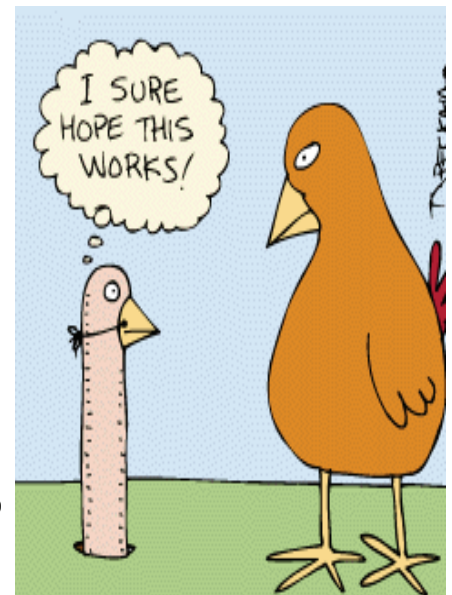
Ingredients

2 packages of chocolate instant pudding mix
1 package of gummy worms
16 oreo cookies, crumbled or blended



Instructions

1. Follow steps for making pudding.
2. Pour pudding into plastic pail.
3. Add cookie crumbs to pudding in layers to make it gritty like dirt.
4. Chill until set.
5. Add candy worms and more cookie crumbs to the surface. Allow worms to peak out of the "dirt".
6. Add artificial flowers for decoration.



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