

BACK TO SCHOOL FUN!

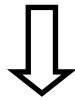
With the start of a new school year comes plenty of cool facts, important information, crazy hacks, DIY's, and so much more! As you get settled with your new classmates and teachers, let's take a look at what is in store for this month!

What Are Castings?

Worm castings or more technically *vermicompost* is the outcome of worms eating organic matter and excreting it from their digestive track! That's right, when worms eat (and boy do they love to eat) things like kitchen scraps or other organic waste, they break down the nutrients with their special enzymes and bacteria which in turn become castings. Worm poo is incredibly beneficial to plants by helping them grow bigger, stronger, and healthier! You could say that castings are a plants FAVOURITE food.



VERMI



This means worm!

COMPOST



This means
decomposed
organic matter!



Wiggles and Giggles
Corner!

How Do You Start A Worm Casting?

Well it's actually quite simple! For your own DIY worm casting bin all you need is an old plastic bin with holes drilled in through the bottom (ask an adult for help with this!), sand and newspaper, organic matter like compost, soil, kitchen scraps, and last but obviously not least...your worms!

Step 1: Layer the bottom of the bin with moist newspaper strips and sand, then compost, manure, or leaf litter.

Step 2: Add your worms as well as food scraps to keep them company!

Step 3: fluff the bedding once a week and add food, water or newspaper as necessary.

After a few weeks your worms should have made lots of castings which will look like dark, sandy soil! This is when you need to harvest the castings, give it to your plants, and start all over again!

**Q. What did the
worm say to the
compost when he left
the country?**



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

REAPS READER

Let's make this the most environmentally friendly year yet!

Reuse, Reduce, Recycle!

Every year there are back to school sales all over the world with millions of supplies for the start of school. Although it might seem nice to buy a new shiny binder or a pack of rare colored markers, we should encourage ourselves and each other to re-use what we can! Here are some ways:

- * Reuse school supplies from last year that are still useful and well-functioning
- * Borrow supplies from an older sibling
- * Decorate your binder with cool stickers and drawings to give it that fresh new look
- * Try to use as much of the space on paper as you can which means not throwing out a whole page just because it has a little doodle
- * Save your pencil shavings and scrap paper for compost



It was nice gnawing ya!

A.

FUN FACT!

The school pencil's creation dates back all the way to the 16th century! That's almost 425



Scraps and Snacks

A huge problem in the world is how much food waste there is in households! In order to lessen the amount of food we waste, let us learn how to make something yummy with our scraps! If you find that your bananas are getting brown and mushy, don't throw them out! Instead make this easy banana bread to bring for your next school lunch!

You will need:

3 ripe bananas, mashed
1 cup of white sugar
1 egg
 $\frac{1}{4}$ cup of melted butter
1 $\frac{1}{2}$ cup of all-purpose flour
1 teaspoon of baking powder
A pinch of salt

1. Preheat your oven to 325 degrees Fahrenheit (ask for help from an adult!) and grease a loaf pan.
2. Mix bananas, butter, sugar, and egg in one bowl and the flour, salt, and baking powder in another bowl.
3. Slowly mix the dry ingredients into the wet ingredients until just combined.
4. Pour into greased loaf pan and cook up to an hour or until a toothpick comes out clean.