

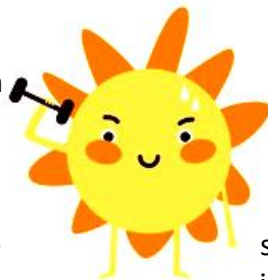
APRIL SHOWERS Bring MAY FLOWERS



Although the weather might sometime seem soggy, cloudy, and sad...the rain is one of the most important things to nature and humans! Worms especially love the rain, so try to see the bright side of it all because as the saying goes, may flowers will soon come!

Suns Out Guns Out!

Although humans love the sun as well as most plants and animals, worms aren't quite the same. These unique insects love cool, moist, dark places and the sun is the opposite of all those things! If a worm stays out in the sun for more than an hour, then they become paralyzed! Meaning they can't move back to safety. Worms breathe through their skin which needs to be wet at all times, so the sun



Castings! Castings! Calling All Castings!

If you look through your vermicompost, there should be a good amount of castings! You can harvest your castings every 3-6 months and use them for plants and gardening. So if you haven't already, make sure to store up all that good fertilizer and put it in a special jar! If you know someone who loves to garden, do yard work, or simply grow a plant or two, castings are the perfect gift!



I Spy!

To make sure that you won't step on any worms this spring, we need to put your worm spotting skills to the test! Can you find all 11 worms in this picture?



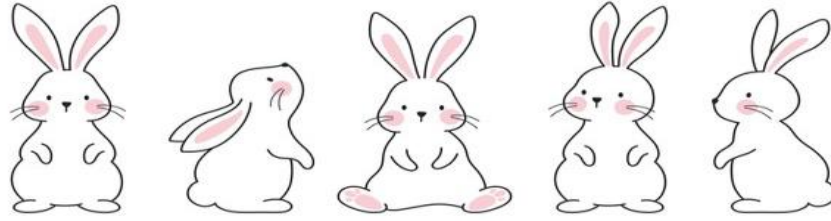
Wiggles and Giggles Corner!

Q.
What do you call a worm with no teeth?



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

Let's Do The Bunny Hop!



I Carrot Believe It's Easter!

Easter is fun for everyone! Whether it's doing cool crafts in class, eating candy, or going on a scavenger hunt, Easter is a holiday that most enjoy! But, can we make this Easter one that the Easter Bunny can enjoy too?

The bunny loves nice clean grass to hop on so here are some tips to stay environmentally friendly this holiday!

- ◆ Compost your basket fillers!
- ◆ Hide reusable plastic eggs every year instead of throwing out real ones.
- ◆ If dying eggs, try to empty out the inside to eat and then crumbling the eggshells after for compost!
- ◆ Reuse your egg basket every



Scraps and Snacks

What do bunnies and humans both like to eat...that's right! Carrots! But did you know that a lot of the time, people throw out the leafy tops of carrots even though they are entirely edible? **Here's how to make a yummy carrot top dip!**

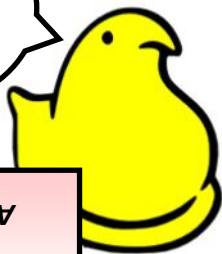
You will need:

- 1 bunch of carrot tops
- 1 large garlic clove
- 2 tablespoons of fresh lemon juice
- 1 tablespoon of olive oil
- ¼ cup of plain yogurt or sour cream



- 1) Blend all the ingredients in a blender (ask an adult for help!)
- 2) Pour into a small bowl.
- 3) Serve with veggies, bread, chips, or crackers

And you're all ears.



A Gummi worm!

A.

Fun Fact!

You're one funny chick.



Did you know you can make natural egg dyes with onion peels, tree bark, flower petals, and juices? Well, that's how they used to do it back in history! It's eco-friendly and cheap so try it out!