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If you have any questions please feel free to email me at admin@childhood101.com.

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Best wishes, Christie

STOP BY AND SAY HI!



General Printing Instructions

Be sure to select 'Fit to printable area' (or similar) to ensure the page fits with your printer type and local paper size. Please also check your paper orientation setting.

We suggest printing re-usable game boards and game pieces onto matte photo paper or card stock and laminating before use.

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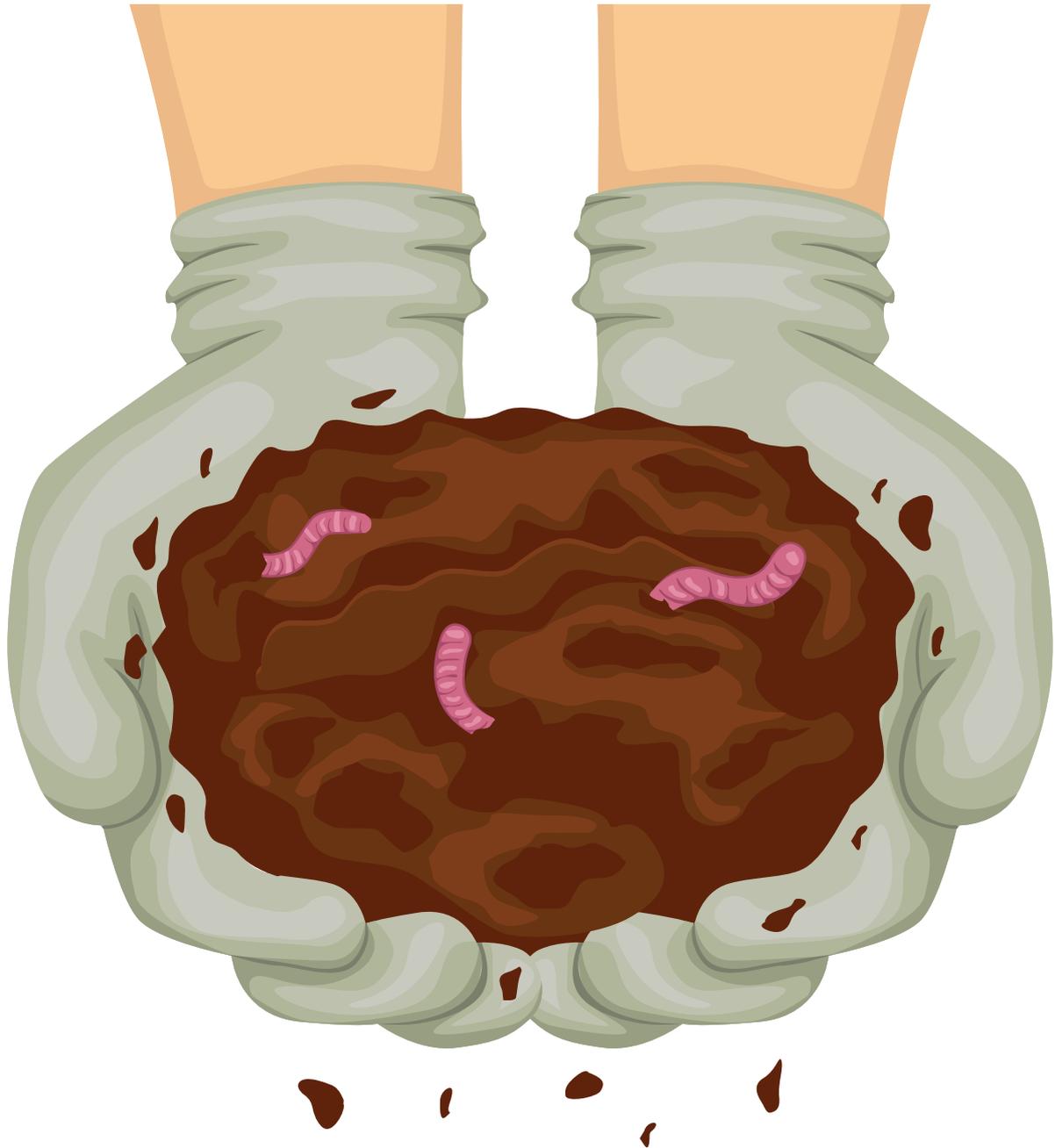
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How to Make a Worm Farm



How to Make a Worm Farm

You will need:

- Two styrofoam produce boxes. You can often find these at a greengrocer. Make sure at least one has a lid.
- A knitting needle, chop stick, screwdriver or other sharp tool for making holes in the box.
- Worm bedding - a bucket of compost is ideal worm bedding. You can also use shredded paper, leaves or old straw.
- A big handful of compost worms. You can buy compost worms online or, better still, get your worms from a friend or neighbor who already has a worm farm. An easy way to collect worms from an existing worm farm is to crack an egg in one corner of the worm farm. Return a day later and that corner will be full of worms ready to collect.
- A newspaper.



Instructions:

1. Poke holes in the bottom of one of your boxes. This box will become the 'feeder box' - where the worms live and feed.
2. Half fill the feeder box with worm bedding. Make sure your bedding is moist but not wet. If you are using dry materials like straw or shredded paper, wet them first but be sure to fully squeeze out any excess water.
3. Carefully scatter the worms on top of the worm bedding. A handful of worms will contain around 1,000 worms.
4. Soak the newspaper in water and lay it on top of the worm bedding. This will help keep the worms' home dark and moist. Place the lid onto the feeder box.
5. Place the feeder box on top of the second box, the one that doesn't have any holes. This lower box is where you will collect the worm wee. Place your worm farm in a cool, shady spot in Summer and a sunny spot in Winter.

Remember to place it somewhere easy to access so that it is simple to regularly add food scraps to (be sure to read the further information about adding food scraps to your worm farm on the next page).

How to Look After Your Worm Farm

- Leave your worms to settle in for a week.
- After a week you can start adding kitchen scraps on top of the bedding, underneath the newspaper. Keep the food scraps to one side of the worm farm so that worms who do not like what you have placed in the farm have somewhere to escape. Add only small amounts (around a handful) initially. As more worms breed they will eat more food. Eventually your worm farm should be able to handle most of your kitchen scraps.
- It can be helpful to collect food scraps in a small container with a lid in your kitchen as you cook, emptying it in to the worm farm when you are done.



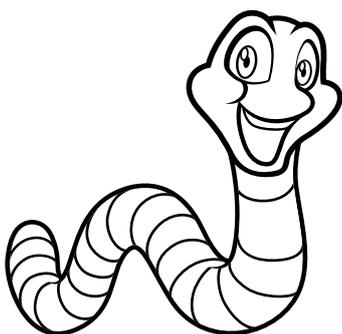
What to Add to Your Worm Farm

- Fruits and vegetables (but not citrus fruits, onions, garlic or capsicum)
- Coffee grounds
- Tea bags
- Bread
- Egg shells
- Shredded plain paper

What NOT to Add to Your Worm Farm

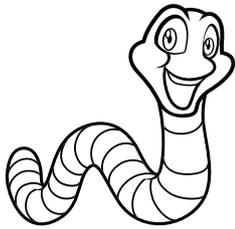
- Meat
- Fish
- Dairy products
- Pasta or cereals
- Fats or grease
- Shiny paper
- Garden waste
- Animal manure

- Keep the top layer of newspaper damp (remember damp, not wet, a spray bottle can be handy for keeping the newspaper damp) and replace as needed.
- To harvest the worm castings, move all the castings to one side and add fresh bedding to the empty side. Most of the worms will move to the fresh bedding and in a few days you can then remove the castings. Worm castings are a great plant food. Grow seedlings direct in the castings or use it to top dress your pot plants or garden.
- The worm wee is a super plant fertilizer. Pour the worm wee from the bottom box into a watering can or bucket and dilute 1 part worm juice to 20 parts water. It is too strong to use undiluted.
- If you wish, you can eventually increase the size of your worm farm by adding an additional feeder box on top, creating a multi-story worm farm. The worms will migrate up through the holes to the new bedding. After the worms have all migrated to the top box you can plant seedlings directly into the initial feeder box to create a miniature garden.

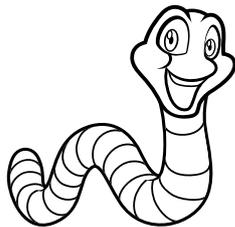


Squirmy wormy facts

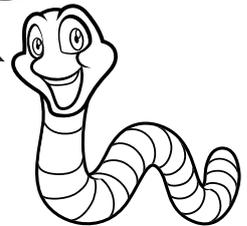
Did you know?



Earthworms can live all over the world but they need the right conditions to survive.



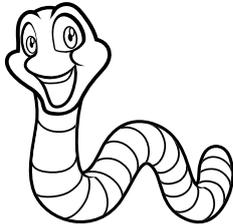
Earthworms help improve soil quality by breaking down organic matter into humus.



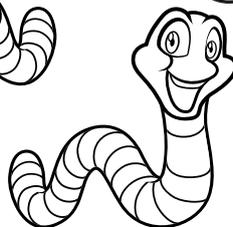
Worms are a source of food for other animals like birds, frogs and insects.



The salt on human skin is toxic to earthworms, which is why they wiggle if you hold them with your bare hands.



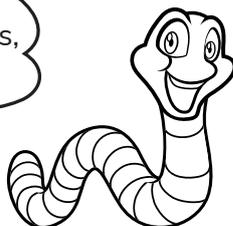
Worms hatch from tiny cocoons that are smaller than a grain of rice.



Some varieties of earthworm can grow as long as 6ft/2m or more long!



If an earthworm's skin dries out, it dies.



Earthworms don't have eyes, legs or bones but they do have hearts.



You can farm worms to help grow your garden.



Squirmy wormy research

Find out more about earthworms using the following research questions.

- How many species of earthworm are there in the world?
- What species of earthworm was the largest earthworm ever found?
- How many hearts do earthworms have and are they actually hearts?
- How do earthworms move?
- What sort of scraps should you feed earthworms if you are worm farming? What should you avoid?
- How do earthworms see, or do they see at all?
- Why are earthworms important to all living life forms?
- What do earthworms need to survive?
- How do earthworms breathe?
- Do earthworms have teeth?
- Do earthworms lay eggs or have live babies?
- Can earthworms swim?
- Can earthworms regrow if they are cut in half or damaged?
- Are earthworms insects?
- Can earthworms survive freezing weather and soil? How?
- Do earthworms have blood in their systems?
- What are worm castings?

