

# SIMPLE SCIENCE

## Red Worm Recycling

Did you know that garbage can be turned into good stuff for plants by feeding it to worms? It's called vermicomposting. You can recycle with red worms at home or in your classroom by following these steps:

**STEP 1:** Make a worm bin. Place your worms in the worm bin with plenty of shredded newspaper for bedding. Now feed them with your garbage! You can give the worms your leftovers, scraps, peelings, coffee grounds and any kind of human food except meat or dairy.

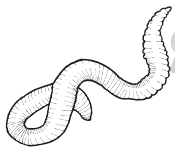
**STEP 2:** Worms will eat your garbage and turn it into castings. Every so often, move the newspaper, worms and scraps aside to collect the castings from the bottom of your worm bin.

**STEP 3:** Castings are rich in the nutrients that plants need! Mix the castings into soil before planting seeds or when transplanting seedlings to their new home.

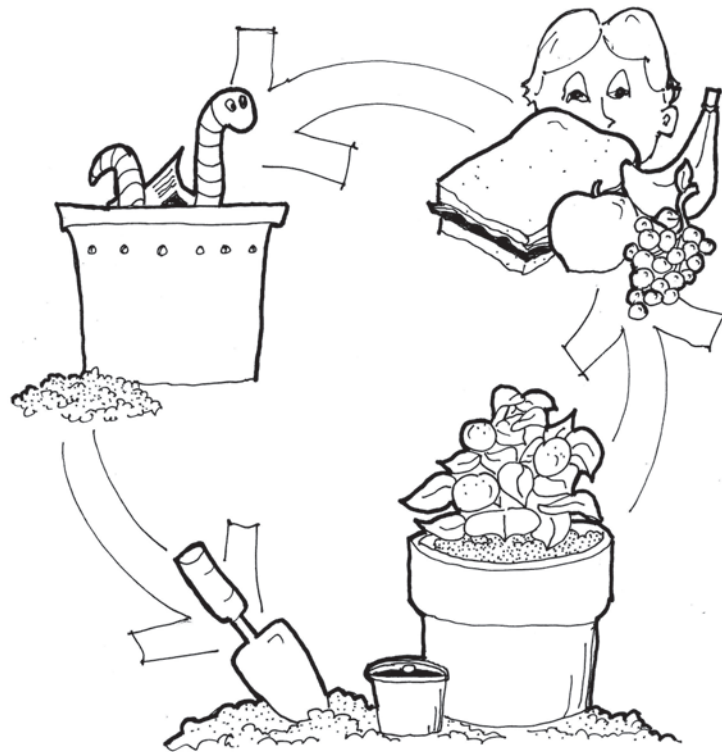
**STEP 4:** Plants will grow, grow, grow if they have rich, nutritious soil. When fully grown, plants produce fruits and vegetables for us to eat.

**STEP 5:** Enjoy eating food grown from vermicompost, which is made from fresh fruits and vegetables. If you have scraps or leftovers, give them to your worms.

What do you think happens after Step 5?



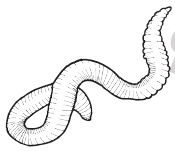
What's garbage? It's anything you can't use. But what if your garbage could be useful to someone else? Well, then you'd never have to throw it in the trash! Finding a use for your garbage is one way you can recycle and help our Earth. If you have red worms, you can start recycling right now. Here is a picture that shows us how worms, people and plants use each other's garbage.



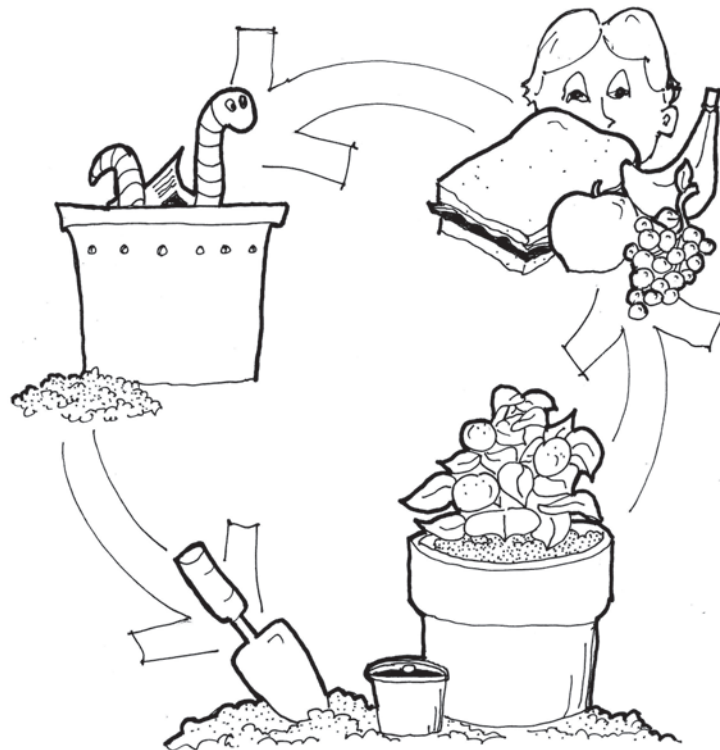
Worms eat **food scraps** from people. When worms eat, they make something that can help plants grow: **castings**.

Plants get lots of nutrients from worm **castings**. When plants grow and mature, they make something that they can give to people: **fruits and vegetables**.

People eat **fruits and vegetables**. We don't use all parts of the fruits and vegetables. Sometimes we don't eat all the food we have. When we eat, we make something we can give to worms: **food scraps**.



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