

## From Worms to Beans

On Friday, March 27<sup>th</sup>, Mrs. Bird introduced parents to vermicomposting, or composting organic food waste with the help of worms. Worms speed the natural decomposition process by digesting the rotting matter and transforming it into rich, new soil called *castings*. We can then add the castings to soil for indoor/outdoor gardening, including vegetable gardens.



**Why?** The worms are our **pets**. Caring for a pet can help children take responsibility and develop respect for all living things. The worms are **helping us**. The odors that normally occur with rotting food do not get a chance to develop because the worms digest the food first. We make our own organic fertilizer and harvest nutrient-rich castings that can be used to improve the soil in our gardens. Composting is one way of **recycling** to reduce the trash in landfills. The children are learning that they can make a difference in caring for our earth.

During our time together, parents explored the worms and then created their own worm farms to share with their children at home. They cut newspaper to mix with soil and water to make a good home for the worms. They then added "red wigglers" from the school worm farm, chopped some orange peels to bury in the bedding for the worms to eat, and drilled holes in the container's lid to allow air to circulate. Some parents even planted bean and snap pea seeds so they could grow seedlings to plant at home.



Thanks to Maria for sending photos of her worms' first interactions with Sammy in their new locale. If you are interested in making your own worm farm, please contact the school office for a handout and some coaching by Mrs. Bird. All of our children have opportunities to interact with our red wigglers in school and the earthworms that are plentiful on our playground after the rain!