

## Vermicomposting – January 2010



**Andrew Aitkin** (left) provide GGG members with an amazing insight into the world of *vermicomposting* – a process which involves mixing a bedding substance, (shredded newspaper), a small amount of soil, a little moisture and, of course, worms in a suitable bin. The worms feed on the organic matter that you place in the bin, and over a short period of time (usually two to three months) they will break down the organic matter into nutrient rich castings. These castings make an incredibly good soil amendment for your plants!

If you want to buy a starter bag of worms from Andrew, call him at 613-230-4078. Andrew charges a nominal \$20 which goes to the gardening project he manages at the Bronson Centre, a community centre that runs 34 community-based programs helping people in need.

