

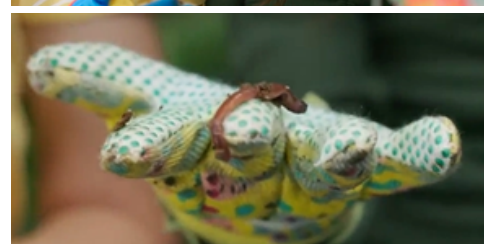
# HOST A SUPER WORM RACE



## WHAT YOU'LL NEED:



1. Two clear containers with a tap attached.
2. Brown materials: recycled paper and cardboard, dried leaves and twigs from the garden.
3. Green materials: fruit and vegetable scraps from your kitchen and lawn clippings from your garden
4. Good quality soil and water to add to the chambers.
5. COMPOST WORMS! For a worm farm you need special compost worms to do the best job! Make sure you're wearing gloves when handling worms!



## WHAT TO DO:

1. Set up your two chambers by labelling one 'green team' and the other 'brown team'. This way you will be able to see which team is winning the race.
2. Place your green and brown compost materials in their separate chambers. Cover each chamber with some soil and water so the worms are comfy.
3. Add your composting worms and let the race begin! Put the worm farms somewhere dark when you're not inspecting the results to give them a rest
4. Several weeks later, check on your worm farm and see who is in the lead! Don't forget to add some soil, water and more compost materials in both chambers to keep them well fed.
5. After 3 months you should see some great changes to your worm farm! Now you can harvest the worm castings and use it in your garden! Now to start the race all over again... Goooooooooooo SUPER WORMS!

## TOP TIP!

Make sure you cut up your kitchen scraps into small bite size pieces so it is easier for the worms to digest.



**GAME  
CHANGER!**

Add a frozen water bottle to your worm farm on especially hot days to give your worms a cool refresher. They will thank you for it!

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