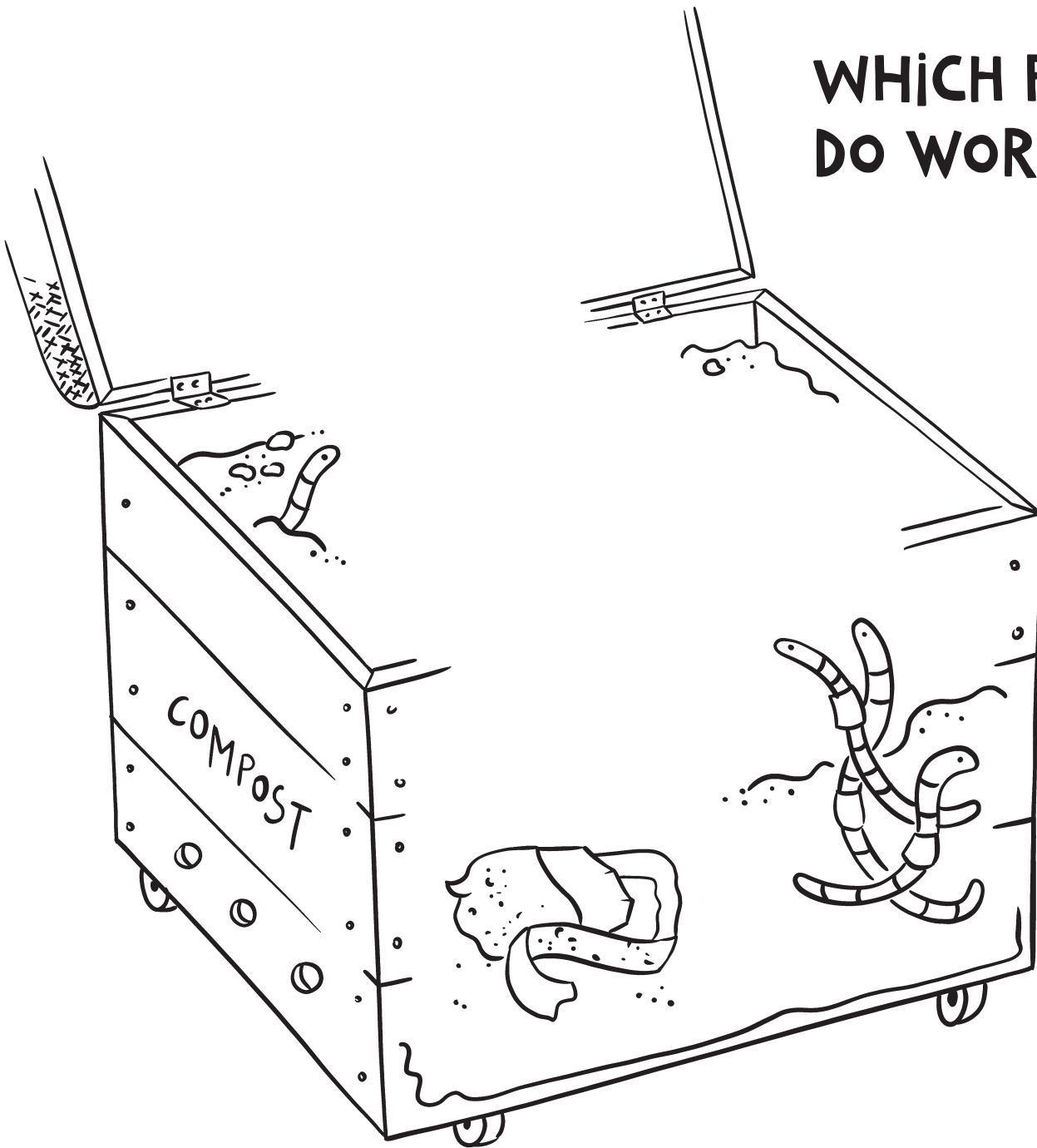


# WHICH FOOD SCRAPS DO WORMS EAT?





## ! An idea that's full of worms

Fruit peels, tea bags and eggshells: These scraps don't really belong in the household garbage — they should be composted so they can help make soil again. You don't have a garden? No problem — there are small wooden crates with wheels that are easy to put in the kitchen, on the balcony or even to use for seating. Bacteria live in the crate — and hundreds of worms that turn organic waste into soil. They like to eat raw food like carrot and potato peels. But they don't like citrus fruits and cooked food leftovers. Simply cut up the scraps a little, moisten them, and put them in the box. Close the lid, sit down on it, and the worms will do the rest. And soon you'll find fresh soil in the box for your houseplants or herb garden.