



Four Flies Flash

January/February 2011

Volume 3, Issue 1

Newsletter
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Valentine Special
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February



Red wiggler

-Green Steps School-

Red wigglers just
love butternut and it
seems that the
butternut is fairly
happy too!

Lavender

Worm-Farming

I have never been a lover of worms, bugs and insects. I find them creepy and mostly unwelcome. With the exception of the odd ladybird and a bee or two I would rather have a bug free environment. However, I must admit that I always had a soft spot for the earth worms burrowing in my vegetable garden – mostly due to the fact that they tried to avoid me, and in doing so they did something good to the soil.

Thus, when I decided to buy myself a worm-farm, everybody was sceptical. When I started to talk to my worms and gave them specially prepared waste foods, they were sure that something was seriously wrong. Even I did not think that I would come to love and enjoy my new pets so much. As usual I started reading a lot about worm farming and learned a lot!

There are an estimated 1800 species of earthworm worldwide. There are three types:

- **Anecic** worms (means "out of earth"), are burrowing worms that drag food down to their permanent burrows deep in the mineral layers of the soil at night.
- **Endigeic** worms (means "within the earth"), burrow shallower and feed on existing organic matter in the soil.
- **Epigeic** worms (means "upon the earth"), are decomposers. They live in the surface litter and feed on decaying matter.

Eisenia fetida or red wiggler is a tough and adaptable epigeic worm that is indigenous to most parts of the world. Not only is it a highly capable little composting machine, but it also reproduces rapidly, making it even more efficient. 1000 worms can multiply in one year to 10 000 worms! When you keep in mind that each worm eats 1 to 1.5 times their own body weight per day, turning waste into the finest compost obtainable, worm farming certainly is an excellent investment.

Keeping a worm farm is so easy that even a child can do it. Worms thrive on kitchen scraps. You can feed them vegetable greens, fruit, egg shells, paper products, hair clippings, cereals, grain, tea bags, coffee grounds and mouldy bread. Cover the food with bedding like shredded paper, keep the farm damp and soon they will produce their valuable castings, sometimes known as "black gold". Worm castings are amongst the best fertilizers available and will be beneficial to your flower beds, vegetable garden, lawn and pot plants. A delightful way to recycle!

- Worm-Farm.co.za-

Editorial

Our herbs were in full bloom! It started with loads of purple flowers when the sage blossomed. Then followed delicate, pinkish buds that covered the thyme patches. Suddenly, almost overnight, the soft green chamomile lawn turned into a bright white splash, with millions of small daisy-like flowers turning their

Zucchini bruschetta

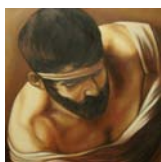
Fresh garlic
Olive oil
1 thinly sliced zucchini
Sliced Italian bread
Grated parmesan cheese
Rosemary leaves

Fry garlic in olive oil. Add zucchini and cook till tender. Put on top of bread slices. Top with cheese and rosemary. Grill in a hot oven till cheese is melted and bread toasted. Serve with wine as a appetizer

-sustainable table-

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heads towards the sun. At last the lavender joined the show with majestic flowers on long, slim stems. In the air hung a strong, sweet scent that attracted an abundance of bees and other insects. Then came the well-known African Caper White butterflies which migrate in large numbers north-east over the interior in summer.

What an astonishing and joyous way to start 2011. My wish is that you will bloom and flower in abundance, that your house will be filled with the intense, full fragrance of your kindness and caring, and that charming people and exceptional opportunities will migrate, visit and enjoy your life-garden.

Happy new year!

Four Flies News

1. There will be no rate increase for 2011

2. Our newsletter, *Four Flies Flash*, can be read on our website at <http://www.4flies.co.za/newsletter.html>

3. Visit us at www.4flies.co.za to check availability online. You can also conveniently book online.

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