



## ALASKA CENTER FOR ACUPUNCTURE

*Presents:*

### **Worms & Vermi-Composting Taught by Ellen Vande Visse**

**Workshop Title: Worms & Vermi-Composting**

**Date: Wednesday, February 29, 2012**

**Time: 7pm-8:30pm**

**Cost: FREE**

**Location: Alaska Center for Acupuncture**

Worm-crazy Ellen will hold forth about worms & vermi-composting. Definitely try this at home! O boy O boy! How can you pass this up?

Wriggle into a seat and learn about:

- Worm bins purchased or home-made
- Setting up your bin
- What kind of worms will work?
- What to feed them?
- What to do if...
- How to harvest the castings/compost

Please pre-register by calling **Alaska Center for Acupuncture at 745-8688**. Space is limited, so call early!

**About the Presenter:** Ellen Vande Visse, MS, was an Environmental Education Consultant in West Michigan for 20 school districts, and a developer of a nature center. In Alaska, she has played in the soil as an organic market gardener, both in her own Good Earth Gardens and then for the kitchens of the National Outdoor Leadership School, Alaska Branch. Ellen is especially fond of all things decaying, and is known in the Matanuska-Susitna Valley as The Compost Queen. She consults on compost/compost tea and eco-agriculture growing systems. Since 1987 she has been training folks how to farm and garden using organic methods

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