



**ALASKA CENTER  
FOR  
ACUPUNCTURE**

*Presents:*

## ***Worms & Vermi-Composting***

**Taught by Ellen Vande Visse  
Good Earth Garden School**

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

**Date: Wednesday, April 3, 2013**

**Time: 6:30PM-8:00PM**

**Cost: FREE**

**Location: Alaska Center for Acupuncture**

What is more ideal than eager workers consuming your garbage while transforming it into rich fertilizer? And what is worse than die-offs, stench, or accidentally hatching gnats and fruit flies in your worm bin? Save yourself the mistakes and prepare yourself for the easiest livestock ever.

**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?
- How to avoid calamities
- How to harvest the vermi-compost
- How to use this compost for your plants

Want to take home red wigglers? Bring \$15/quart when you come.

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

**About the Presenter:** Since 1987, Ellen has been a market gardener and a teacher of organic, sustainable, and non-toxic growing methods through UAA, Mat-Su College, and Alaska Pacific University as well as through her own Good Earth Garden School near Palmer, AK. She is the author of *Ask Mother Nature, A Conscious Gardeners Guide*. She usually can be found mucking around in some compost heap.

For more information, about this and other upcoming events, visit  
[www.AlaskaAcupuncture.com](http://www.AlaskaAcupuncture.com)