



Twin brothers Wesley (left) and Owen Frazier, 4, of Rye, search for worms in a bucket of soil at the Wiggle Worm Gardening and Composting Workshop on Saturday, June 16, at Rye Town Park.

WestmoreNews.com

RYE BROOK Westmore NEWS

Vol. 54, No. 25 • An edition of Westmore News
Friday, June 22 - Thursday, June 28, 2018

JAMIE KERNER | WESTMORE NEWS

Turn your spoil into soil

Wiggle Worm Gardening and Composting Workshop teaches about at-home gardening and composting methods

BY JAMIE KERNER

One might think once you're out of your adolescent years, your days of playing with worms and dirt are over. However, with vermicomposting, you can continue your beloved childhood pastime all while helping the environment.

At the Wiggle Worm Gardening and Composting Workshop at Rye Town Park on Saturday, June 16, a couple dozen residents of Rye Town and its neighboring communities gathered to learn about how to incorporate worms into their compost through a method called vermicomposting.

Vermicomposting can be done at home and consists of using worms to create nutritious compost. According to community food activist Monique Bosch, worm compost is a safer, more efficient and more cost-effective substitute for chemical fertilizers and pesticides.

Bosch founded and runs four nonprofit entities, including Green Village Initiative and Wiggle Room LLC. She is also trained in landscape design and horticulture and has worked to design and build community gardens and farms in Connecticut and Rhode Island.

The workshop was cosponsored by the Town of Rye and City of Rye Sustainability Committees and was the first program on which the boards have partnered.

"We both [the Town of Rye Sustainability Committee and the City of Rye Sustainability Committee] thought it would be nice to do something together because we're all working for the same end results," City of Rye Sustainability Committee Chair Melissa Grieco said. "Composting and vermicomposting are really gaining a lot more interest these days and people are beginning to realize how easy it is to implement at home. So we thought this would be an ideal event."

Under the instruction of Bosch, also known as "The Worm Lady," attendees were able to plant seeds in small planters to take home as part of a hands-on gardening activity.

Four-year-olds Owen and Wesley Frazier of Rye said that this was their favorite part of the morning's event. The boys planted corn and wa-



Ridge Boulevard resident Ana Mattinson, 7, holds her planter while she listens to instructions during the event's hands-on gardening activity.

JAMIE KERNER | WESTMORE NEWS

termelon seeds in their respective planters.

In addition to the hands-on gardening, the workshop included a presentation on composting and vermicomposting from Bosch.

"I honestly feel that composting is the answer to growing the healthiest food we can," Bosch said.

Composting is another form of recycling and something we should all be doing to divert food waste out of landfills, Grieco explained.

"Food waste, organic matter, is really heavy, so there's an enormous amount of carbon emissions associated with their transport to landfills," she said. "Plus, it delays the landfill process because it sits there wet and heavy. This is a wonderful, environmental way to put that stuff you normally toss that you think was garbage to great use to improve your health and the health of the planet."

Through the Wiggle Worm Gardening and Composting Workshop, both the Town of Rye Sustainability Committee and the City of Rye Sustainability Committee hope people were able to learn about vermicomposting as well as the simplicity and ease associated with growing their own nutritious food year round.

Contact the sustainability committees or Monique Bosch at moniqueb@optonline.net for more information on how to implement vermicomposting in your own home or backyard.