



## Labor Day:

September 6, 2010

*Residential garbage and recycling collection will be one day behind:*

Monday pickup on Tuesday

Tuesday pickup on Wednesday

Wednesday pickup on Thursday

Thursday pickup on Friday

Friday pickup on Saturday

**Call 208.726.9600 or visit [www.ccdisposal.com](http://www.ccdisposal.com) for info.**

## Reduce, Reuse, Recycle Tips: *Compost It*

Compost helps improve the quality of your soil. Starting your own compost bin is quick and easy. Look below for more information on composting. **GRASS:** Allow your grass clipping to remain on your lawn instead of bagging the clippings to take to the landfill. The grass will naturally decompose and add nutrients to the soil below. **RED WORMS:** Worm castings from red worms are nature's perfect fertilizer and soil conditioner. Add red worms to your compost bin or pile—they help to recycle your waste into organic riches.

## NEW SPIDER WEB TECHNOLOGY SAVES MILLIONS

We are always looking for new ways to reduce our carbon footprint. The other day I was pleased to read on a bottle of Aquafina that they have incorporated spider web technology in producing their plastic bottles. The technique Aquafina uses produces a bottle containing 50% less plastic than bottles produced in 2002 and saves

75 million pounds of plastic every year. Of course, whenever possible, we should use our own reusable water bottles thus preventing even more plastic from going into landfills. I applaud these large companies, whatever their motivation, to keep looking for new ways to help keep our planet healthy.

## THE WACKY WORLD OF WORMS

Rising Mist Organic Farms in Belvue, Kansas has written a book called *The Wacky World of Worms*. They have a fabulous website that illustrates the importance of composting our food and yard waste.

The red wiggler worms are important recyclers and make excellent worms for recycling. They are nature's best recyclers. Their valued presence is two-fold.

The worms eat your food and yard waste quickly and quietly, speeding up the composting process. The bi-product of the worms are tiny pellets called worm castings, a chemical-free nutrient rich plant food. Add worms directly to your garden to help improve the quality of your soil, naturally.

Rising Mist Organic Farms raises these red worms. They harvest the castings to sell, as well as the worms themselves. Weather depending, the live worms can only be shipped on Mondays and Tuesdays using priority mail. The farm also manufactures composters and harvesters to assist both large and small gardeners. They have a composting kit which helps the first-time composter get started.

Their how-to book, *The Wacky World of Worms*, is a must read. The farm's mascot, Sammy the Worm, guides you through the process with colorful illustrations as well as fabulous tips and advice.

Their contact information is: Rising Mist Organic Farms, P.O. Box 70, Belvue, KS 66407, (785) 456-6725. You will be inspired by their website: [www.wackyworldsof.com](http://www.wackyworldsof.com).

