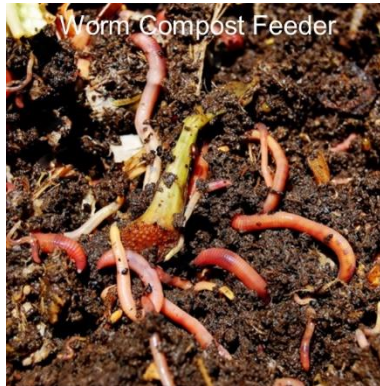


Living Fresh Foods!™

CATCH THE WAVE OF NUTRITION™



www.livingfreshfoods.com

Subject: Living Fresh Foods Worm Compost Feeder

Dear Customer,

The Worm Compost Feeder Kit Contains: 1 Compost Container Tube with Predrilled Worm Access Holes, a Terracotta Rustic Finish Lid, Starter Organic Coco Coir and Instructions.

Our goal is to build a successful business that helps families gain access to nutrition safe foods. The Worm Composting experience is meant to be fun. This Worm Compost Feeder Kit is designed to give you a way to recycle some of your waste stream and organically fertilize your Plants with Worm Castings. You feed your Worms and the Worms feed your Plants.

Good things to feed your worms include:

Fruits, Vegetables, Shredded Paper, Coffee Grounds, Tea Bags, Aged Leaves, Banana and Cucumber Peels

Bad things not to feed your worms include:

Oils, Preservatives, Meat, Dairy, Citrus, Salty or Spicy Food

Watering your Worm Compost Feeder:

Keep the contents damp to encourage your worms to prosper

There are a few other things to keep in mind when feeding your worms.

1. Feeding with smaller the clippings increase the conversion to worm casting organic fertilizer. A good balance diet of natural brown leaves, coffee grounds, shredded paper and good greens like banana peels, cucumber peels,

His Provisions, LLC dba Living Fresh Foods

and expiring lettuce makes a great balance diet. Browns (as a food source provide carbohydrates and natural energy and help to absorb possible odors while releasing nitrogen and the Greens help to increase organic proteins that naturally promote healthy plant growth.

2. The amount and frequency of food you will want to feed your worms is also a factor you need to consider. The more your worm population grows, the more you will need to feed. A worm eats enough food to match his body weight in a day. You will be able to see the rate that your worms are converting your food and change your schedule to keep up with the population growth. We put a little food in our Worm Compost Feeder each day, however most people will only add every two to three days. If you provide too much food, then your worms won't be able to keep up. Decaying food can cause odors or attack insects.

How-To Instructions for your Worm Compost Feeder:

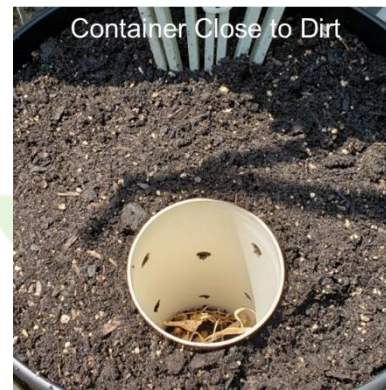
Open
your
Kit



Choose
the
Container



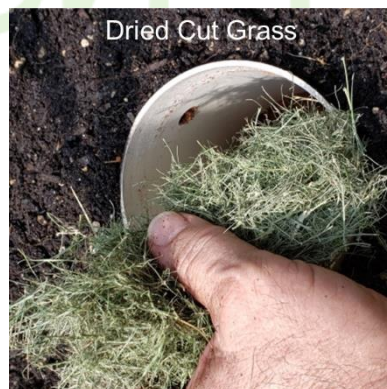
Nest with Dirt reaching the
Brown Ring-Holes should
face the Plants



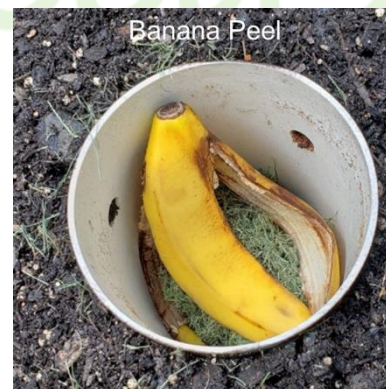
Add your
Coco
Coir



Add
some
Dried
Grass



Add a
Banana
Peel



Add your
Coffee
Grounds



Add
your
Worms



Water
your
Worms



Place the
Lid on the
Container



Next Day
Water your
Worms



Have fun
Feeding your
Worms



Thanks,
Living Fresh Foods Team