

How to Make a Smoothie for your Bucket Garden Worms

Tools:

- Blender
- Large bowl
- Container(s)

Material:

- Water – filtered
- Raw vegetable material, such as carrot peels, apple core, banana peels, or any other uncooked kitchen vegetable material.

Instructions:

If you are using a blender, hand blender or food processor:

- Add some organic kitchen scraps to a blender, bowl or food processor.
- Add some filtered water.
- Blend.
- Add more water to make the mixture watery.
- Blend until smooth.

Blend slowly so you don't splash.

Once you are done, pour your smoothie into your buckets to feed you worms.

There are a few different ways to feed you worms and we have a video to show you.