
Living Homegrown Podcast – Episode 137 Vermicomposting 101 with Michelle Balz

Show Notes are at: www.LivingHomegrown.com/137

Theresa: This is the Living Homegrown Podcast, episode 137.

Announcer: Welcome to the Living Homegrown Podcast, where it's all about how to live farm fresh without the farm. To help guide the way to a more flavorful and sustainable lifestyle is your host, National PBS TV producer and canning expert, Theresa Loe.

Theresa: Hey there everybody. Welcome to the podcast. I'm your host, Theresa Loe, and this podcast is where we talk about living farm fresh without the farm. That includes preserving the harvest, small space food growing, and just taking small steps towards living a more sustainable lifestyle, all the different ways that we can live closer to our food even if we don't have a farm and we have little or no backyard space at all. If you'd like to learn more about any of these topics or my online courses, or my Living Homegrown membership, just visit livinghomegrown.com.

Well, today I thought we would dive into a little bit different topic on composting. I've covered composting here on the show before and I'll link to that in the show notes. But I have never talked about vermiculture or composting with worms, and I thought that would be a fantastic topic to dive into because sometimes people, they just don't have a backyard in order to do compost bins. Or maybe they're in an apartment and they're growing things in containers on a balcony, and they'd love to compost but they don't have a place to have a bin in the backyard. They don't have a backyard. And you can absolutely do worm composting in a bin on your balcony, in your garage, or even in your house. So I thought this would be a really important topic to cover.

Now worm composting is very similar to regular composting, in that you are taking some, in this case, food scraps and having it decompose and break down into the tiniest of components so that you can either add it to your garden or to plants inside your house. And by doing this, you are helping the environment and you are basically creating black gold, what a lot of gardeners call black gold, which is this fantastic nutrient rich compost that you can use in so many different ways. It's not difficult. It's not smelly. It's not gross in any way. If you do it right, there is actually no odor at all. I've been doing worm composting for a number of years. I started when my kids were really little. They loved it. They thought it was like the coolest thing ever and they seriously would bring over their friends and bring them out to the worm compost bin and show them their pet worms. It was really funny, but I loved that they understood the bigger picture of what we were doing by not throwing things into the trash that would then go to the landfill.

So that's what we're going to dive into today. And to help us with that, I brought on Michelle Balz. She is the author of *Composting for a New Generation, Latest Techniques for the Bin and Beyond*. And I wanted to bring her on because in her book, she has a whole section on worm composting. But the book itself actually covers all sorts of composting. It covers all the different techniques. It covers all the different methods that you can use, what equipment you can buy, or make yourself. She has instructions step by step for how to make a lot of the different types of composting bins on your own, which can save a lot of money.

So let me tell you a little bit about Michelle. Michelle Balz is a longtime backyard composter with a passion for reducing our impact on the planet. Her newly published book, *Composting for a New Generation*, gives readers a comprehensive look at all the different types of home composting, provides tips on how to compost successfully, and when she's not writing or teaching classes on backyard composting, Michelle is learning everything she can about composting recycling, reusing, and reducing our waste. Michelle has a bachelor's degree in environmental studies, so she totally knows what she's talking about. And she has a master's degree in professional writing, both from The University of Cincinnati. She lives in Cincinnati, Ohio and she was gracious enough to come on and talk to us just about worm composting today. And if you want more information on her book or anything that we talk about, including where to source the worms for your own worm composting bin, you can get that at livinghomegrown.com/137.

Now before we dive into the interview, I want to tell you that today's podcast episode is brought to you by my Living Homegrown Institute. I totally believe that living an organic farm fresh lifestyle is really just a journey in learning. And as we learn different skills, such as food fermentation, or food growing, or even critter keeping, there are three distinct stages for growth. We all start out with curiosity, then we move into experimentation, and eventually mastery of those different skills.

Now if you're working towards creating your own farm fresh lifestyle, and you're curious where you fall on that growth scale, I've got a free resource for you. It's my Farm Fresh Success Path, and it's actually what my students use inside my learning institute. It'll help you decide where you are on your own journey, the characteristics of that stage, and some actions steps that you can take now to get to the next level. To get the Success Path PDF, all you have to do is go to [livinghomegrown.com/path P-A-T-H](http://livinghomegrown.com/path-P-A-T-H), and you can download it there for free. And by doing so, you'll be notified the next time I'm opening the doors to the Living Homegrown Institute. All right. So let's dive into our interview all about worm composting with Michelle Balz, the author of *Compositing for a New Generation*. Hey Michelle. Thanks so much for coming on the show today.

Michelle: Thanks so much for having me, Theresa.

Theresa: Sure. Well, I know a lot of my listeners are really into composting. I have a lot of gardeners who listen to this show, and one area I've never covered on the podcast is worm composting, but I know you can talk about all sorts of composting, and we kind of will. But we'll focus a little bit on worm composting. So I'm very excited to have you here. So I just wanted to start off with having you explain. How did you get so interested in composting?

Michelle: Well, I've been composting ever since I was a kid. My mom had a compost pile all growing up, so I was always ... My chore to bring those food scraps out to the compost. But I never really maintained it. I just brought out the food scraps. So when I got into the environmental field, I actually have a job in solid waste, so promoting recycling and composting and that kind of thing. And so I was actually teaching classes on composting and that's how I really got into it and really got interested in learning all the different types of composting. And I was writing a blog on composting, so I really got a chance to do a lot of research and really get some interest in it.

Theresa: Fantastic. Yes, I know you can dive into the geeky science part, but also explain it even to kids, which is fantastic. And it is really a fascinating process. It was really funny. Something I read that you wrote once was that you're known to eat an apple and then save the apple core in your purse to take home to compost it. I've done that too, so I can totally relate, especially when I had worms because they're almost like your pets.

Michelle: Right.

Theresa: Oh, they'll love this. My worms will love this. I'm sticking it in my purse. I'm sure people think I'm completely nuts.

Michelle: Oh, yeah.

Theresa: But I totally could relate when I saw that you did that too. So what made you decide to write a book on composting? Because I want to tell everybody I really love your book because you cover the science so we understand what's going on, the soil science of it. But you go into a lot of DIY on making our own composters and all of that. So what made you decide to write a whole book?

Michelle: Well, I was writing a blog on composting and the publisher actually reached out to me and asked, "Would you be interested in writing a book?" And I had always wanted to write a book. It was always something that I would do in the future. You know? And so I thought, "Why not?" This is a great time for me to write a book. I already have a lot of knowledge on the subject, so I decided to go for it.

Theresa: Sounds good. Yeah. Well, I'm glad you did because it just covers everything in a really understandable way. So in case someone is listening, who really doesn't do composting yet, could you explain to everybody? What are some of the benefits of making our own compost?

Michelle: Well, compost is known by most gardeners to be the best soil amendment that you can add to your soil. Fertilizers are feeding plants, but compost feeds your soil. And if you have good soil, that's the foundation of a really good garden, or just landscaping. So the soil is really important. And what's wonderful about compost is it really is alive. It has a lot of beneficial microorganisms in it. It has a lot of worms and other macro organisms that you're going to need in your soil. So when you add that to your soil, it really adds a lot of life to your soil. It helps with the water retention. It helps with just aerating your soil if you've got heavy clay soil in your area. It helps prevent erosion, so it has all of these benefits for your garden, and that's why gardeners love it so much.

It also has a lot of side benefits that are good for the environment, just reducing our impact on the environment, reducing how much waste we're sending to the landfill, how much greenhouse gasses we create. So there's so many benefits.

Theresa: Yeah. I think probably the environmental benefits are what is secondary to a gardener, but so, so important and really why I started getting more into composting after I started learning about it. It's like, you have kind of like that ah-ha moment, like, oh I get it. If this stuff that can compost just goes in the trash can, it's going to sit in the landfill and not really break down. Whereas, if I put it into my composter, it breaks down. It decomposes, and then it's feeding my soil and going back into the earth. So you start out for one reason, but you might end up going for the other reason. And maybe someone who doesn't garden does it for environment and then ends up becoming a gardener, so it can be a win-win absolutely.

Michelle: For sure. It is really wonderful to have this material that you would usually just throw away, that you would just consider garbage, but you're creating something really valuable out of it. And you've got all of these side environmental benefits too, so it's a really good activity to get into.

Theresa: I agree. I agree. So let's dive into worm composting. I've done this myself for a number of years and I get the best, best compost this way. And if anyone's listening and thinking, "Oh, I'm not so sure." It's really not gross. Sounds like it would be, but I had two little boys. My boys are teens now, but when they were little is when I really started it, and they got so fascinated. It really kind of turned them on to gardening and taught them the whole process. So what are the benefits of composting with worms versus composting just regular?

Michelle: Well, certainly with vermicomposting, it's so compact and it's transportable. Pretty much anyone can do it. If you live in a condo, or apartment, or you don't really have much of a backyard at your house, you can have a vermicomposting bin. It doesn't take up very much space. Like you said, it doesn't smell. There are a few things you have to do to make sure that you maintain it correctly. But it is, it's wonderful education for kids and for adults alike, to learn more about these little worms that you're using. But it's so easy to do that pretty much anybody can do it.

Theresa: I agree. I agree. And there's something that we get from our worm composting that I don't even know if there's a technical term for it. But we call it worm juice, the liquid that comes off of the worm bin, and I use it on my roses, and oh, my gosh. It's just like magical. Do you find that to be true too?

Michelle: Yes. Some people call that worm tea.

Theresa: I like worm juice.

- Michelle: But yes, that material is really high in nitrogen and other things that you would need for your garden. And it depends on what you're adding to your bin as to how much you would get, but yes, it is absolutely fantastic side benefit of the vermicomposting.
- Theresa: Awesome. Great. When we want to do worm composting, just so everyone gets it, there is a specific worm that we should use. And we're going to talk about how you put together a worm bin and everything here. But one of the most important components are the worms, and you can't just use any old worm. So what's the worm that you recommend that we use?
- Michelle: You need to use red wigglers, or their scientific name is *Eisenia fedida*. And you specifically have to use that kind of worm. You cannot just get any worm that you find in your backyard. The red wigglers are a leaf litter worm naturally, so they don't like to dig down into the earth like a normal earth worm you might find digging in your garden. So they're happy living in a bin. That's important. They also have really big appetites, so they will eat half of their body weight in food scraps a day. So if you have a pound of worms, you can put a half a pound of food scraps in your bin. So these worms are very important that you pick the right kind of worms.
- Theresa: Great. Great. Now if someone is thinking, "Okay, I get it." Where do I get red wigglers? There's actually a lot of places that they can get them. So where did you get yours and where do you recommend that others get their worms?
- Michelle: I ordered mine from a place called Buckeye Organics, just online, and they shipped them to me live. And they ended up at my house a day later. And they weren't that expensive. So you can order them online. I'm sure there's other online retailers that sell them. Another option would be to join some groups, some gardening groups or just environmental groups, maybe on social media, and ask around. Sometimes when someone has a worm bin, they are happy to share some of their worms to get your worm bin started. Or they may like to grow them just for fun, so ask around locally and see if there's any local sources. But Buckeye Organics was where I ordered mine.
- Theresa: Okay. Fantastic. And I have a source too, so I will link in the show notes with all of our sources and recommendations. So if anyone is looking for where they can get them, they can just go to the show notes for this episodes and then they'll find them right there, so that'd be great. Now even though we are using worms, what we're doing is, we're putting the worms in the bin and then we're adding ... And there's some shredded newspaper and things like that, which we're going to talk about. But then we're adding our food scraps to that and the worms are eating it. There's actually a lot of other things, other little critters in there as well. Isn't there?

- Michelle: There are. So that's why we call it vermicompost and not just vermicast, which would be the actual worm poop. The vermicomposting has the help of all of the bacteria and the fungi, all the microorganisms that you would have in your normal compost pile are there kind of on a smaller scale in your bin. So the worms definitely have a lot of help. They're not doing it alone.
- Theresa: Great. Yeah. It's just so easy to do this and that's what I want people to really, really get, is that it's easy and it's actually kind of fun and interesting. So I would love it if we could dive into how someone could make their own bin, because yes, people can buy worm bins and worm composting bins, but it's actually a really easy thing to make and you lay it all out in your book. So if someone wants to do this, what sort of materials would they need?
- Michelle: Really, the most basic thing you need are one of those plastic storage bins that you would find at pretty much any home store. As long as it has a lid and a bottom of the bin. You actually have to buy two lids, because you have to have one that's underneath the bin, and then one that's actually closing it in. And you use the one underneath to collect that worm juice that you were talking about so it doesn't get all over the place.
- Theresa: Right.
- Michelle: So you need to have that, and then you need to have a drill so that you can drill the holes in it because the worms need air. You need to have shredded paper, preferably shredded newspaper if you can get it. And then you need to have some worms, so it's pretty simple ingredients.
- Theresa: Yeah. Then this is what's great, is this is also a way of recycling your newspaper or any paper, really, if like in your office you're shredding things. I've done that. But you're right. Newspaper does work the best. You can just tear it. You don't need to put it through a shredder. You can just tear it and it works. So okay, if we have all of our parts, how exactly do you tell people to put together their own bin? What do they have to do?

- Michelle: You need to think about you're keeping these little animals alive, so you need to drill holes in the main container. Drill holes all around the top. So if you think about these air holes are going near the top so that the worm juice or any other liquid isn't going to soak out of that. So you're putting air holes all around the top of the bin. You're putting air holes in the lid, so you drill some of those. And then don't be too intimidated. I'm not that handy with tools, and I was able to do it. You just get that drill going and push it onto the plastic and it goes right through. It's not a big deal. And then you want to put some drain holes underneath the bin itself that will drain into the second lid that's underneath.
- Theresa: Got it.
- Michelle: You just drill all those holes in it and that's your first step.
- Theresa: Okay. So we've got our holes drilled. And then what would we do next?
- Michelle: Well, then you're going to want to add your paper, and it takes more paper than you think it's going to. I weighed it at about five pounds of shredded newspaper. And you want to get that paper wet. So I did this project with my kids and we just had a bucket of water next to our bin and we dipped the paper in there. And then I had them squeeze out the paper. You don't want it sopping wet. You want it about as wet as a wrung out sponge, so you just want it to soak up the water, squeeze out any excess, and then put the paper in. And they loved that step of it. I also added some shredded leaves at this point. I find that when you add shredded leaves to the basic bedding for the worms, that you create a better looking finished compost than if you just do the shredded paper, so I do shredded leaves as well.
- Theresa: Okay. That sounds great, so pretty easy so far. And then at this point, should we set the box up on something so that it's not sitting directly on the lid?
- Michelle: I found you can pretty much use anything. I found a couple thin bricks is a pretty good thing to set them up on. You don't want it so high that you're going to dry out the worms. But if you have it sitting just directly on the lid then you might get a little standing water in the bottom of your bin and you really don't want that. So having anything that will ... It's okay to get wet and it sits up a little bit. I mean, I've seen it with rocks underneath it, so as long as it's sitting up just an inch or two away from the lid that's collecting at the bottom, you should be fine.
- Theresa: Okay. Perfect. All right. And then at this point is it okay to put the worms that we've purchased in? Or do we have to do anything else?

- Michelle: No. It's okay to put ... Once you've got the wet bedding, you want to think about they need that moisture to stay alive because they basically breathe through their skin and their skin has to be wet in order to do that. So you want it to be moist, but not so moist that you're drowning them. And then you can put the worms in. And you want to add some food for them pretty much right away so that they're adjusting to their new environment.
- Theresa: Okay. So let's talk about that. What are some of the things that we can feed our little worms?
- Michelle: Worms really like fresh fruits and vegetable scraps, so apple cores, banana peels, the ends of your lettuce, or even slightly brown lettuce that you don't want to eat. Pretty much any kind of fruit and vegetable scrap, they're going to like. I would avoid, especially if you're going to keep this in your kitchen underneath your sink, I would avoid really smelly kinds of vegetable scraps like, I don't know, cooked cauliflower or something that would have a really strong smell. But not because the worms wouldn't mind it, just so you don't smell it. But any kind of fruit and vegetable scrap is what you want to put in there. And when you add that, you want to bury it. You should not be able to see those scraps when you open up your lid. That's a surefire way to attract little fruit flies to your bin. So as long as it's covered up with a layer of the leaves and the shredded newspaper, then you're fine.
- Theresa: That's a really good point, yes, because fruit flies can be a problem if you're not taking care of that, absolutely. And if you do get fruit flies, is the answer to start burying everything?
- Michelle: Yes. You need to bury it. The fruit flies will not burrow down in order to lay their eggs, so if you bury it and you're consistent with burying it, you should not have a problem with attracting fruit flies.
- Theresa: Okay. What about coffee grounds? Is that okay to use that because that's something I've always added?
- Michelle: Yeah. Coffee grounds are fine. And there's kind of a misconception of coffee grounds being really acidic, but most of the acid part of the coffee ground, that actually comes out in the coffee itself, so coffee grounds aren't as acidic as people think. And they're fine to add to the bin.
- Theresa: Okay. Well, let's talk about then, about some things that we shouldn't add to it, because one time I made the mistake of, we made a bunch of lemonade, and I filled the bin with all of the lemons and it was not good.

Michelle: Oh, no.

Theresa: So what are some things we should avoid with our worms?

Michelle: Citrus peels are one thing that I avoid when I'm vermicomposting. Some people say it's fine, but I've found every time I add citrus peels, even just a small amount, it attracts these little white mite kind of fly things. And they're really annoying more than anything. I mean, I don't think it's necessarily bad for your bin. It's just these little white mites. It also, like you were talking about with the huge quantity. It can change the PH of the bin and make it more acidic, which is not good for the worms. We want to keep a pretty neutral PH for them. So you want to avoid any kind of citrus peel. You can add citrus peel to your backyard composting, but just avoid it in your vermicomposting. You also want to avoid any kind of meat or dairy. There are vermicomposters out there that will put meat in their bin. But you're really asking for trouble in my opinion because you're going to end up possibly having smells, possibly attracting other creatures to your bin that you wouldn't want there, so I would just recommend avoiding that and just sticking to the fruit and vegetable scraps and the more benign things to add to them.

Theresa: Yeah. And if you're going to do this inside the house, then right there by your kitchen or even in the garage next to your kitchen, it's a pretty easy place to just walk right out every time you're cooking, making a vegetable soup, oh man. They go to town because I have a ton of the ends of the carrots and things like that. So it's not difficult to keep them vegetarian. It's pretty easy. Okay. Fantastic. Well, once we've started feeding them and they're all set up, I know you're talking about keeping it inside. I keep mine outside and I've always kept it outside. So I wanted to talk about maintenance, like what we have to consider maintenance, both inside and outside. One of the things I had to do with mine was lock it, lock the little ... I had to lock so that critters couldn't open my bin because I had it outside. But it wasn't because of raccoons, which is what you would think. It was because of my German Shepherd. She figured out a way to open it up and she thought that was just the greatest thing, like there were snacks in there.

Michelle: Oh, no.

Theresa: Yeah. But if you do have it outside, you do want to keep it so the raccoons and other little critters won't get into it. But inside, what are some of the maintenance considerations that we need to do?

Michelle: Well, you do need to keep it between 55 and 77 degrees. So if you have an area outside that stays relatively warm, your worms aren't going to freeze, they not going to get too hot, then that works. But you also want to think about that inside your house. I've heard of people putting it in their basement and then not realizing how cold their basement can get. So just keep that in mind. It needs to be between 55 and 77 degrees. And then they also need to be able to breathe. So you need to have pretty good ventilation around the bin. Putting it under your sink is fine, but you don't want to put it in an area so enclosed and with so little air flow that they're not going to be able to get enough oxygen in the air around them.

For example, you could not surround the bin with a plastic bag. You really would suffocate the worms. So they need to have some aeration and you need to look in and check the moisture level. It's very easy for a worm bin to get too wet and that would cause odors, so you want to make sure that it's, like I said, about as wet as a wrung out sponge. And then it's also not getting too dry because those worms, again, they need to breathe through their skin. And if it gets too dry, they're just going to get crispy and it's going to look like one of those worms on the sidewalk when you're walking on a hot day.

Theresa: Yes. Yes.

Michelle: And then like we said before, you need to make sure that it's not too acidic, so you're not adding all of those lemon peels that are going to change the PH and then make your worms unhappy.

Theresa: Right. Right. And this really isn't difficult to do. People might be thinking, "Oh, man. Do I have to monitor it night and day?" And not, it's really easy. When you go and open it up, you just kind of assess what your situation is, and if it gets too wet, you can just add more shredded newspaper. Right? And that'll help absorb some of the ... Or anything dry, add some dry things so that it'll absorb. Yeah. It's really not hard, so I don't want this to sound like people are worried that it's going to be difficult to do. It's really easy. That's the thing. I mean, every time you open it up to throw something in, you just kind of check it. You'll know if it's smelling, you'll know something's off. And that's really kind of a sign. Right? If it has a bad odor, then we know it has too much moisture.

Michelle: Right. It has too much moisture, or you may have put something in there that is just smelling a little bit, or you're not burying the food scraps well enough. And you can tell as you're feeding your worms and you're adding stuff to the bin, if you have a big pile up of food and they're just not getting to it, then you need to slow down on how much you're adding. But they're definitely the easiest pets you'll ever have, so don't worry about it being hard.

Theresa: Yes. Yes. They are easy. Okay. So now that people would have their bin and they're feeding their worms, harvesting all this goodness, all the compost, is important. And I've always done it, I think you even talk about it in your book, I've always used the tarp in the sun method where I would lay the tarp out in the sun and I would dump it all out and make a pile, and they go down. But you have this great tip for first getting them to go into the corner of the composter by putting some food in a netted bag or something. Could you explain that? Because I thought that was really great. I'd never done that before.

Michelle: Yeah. The trickiest part of vermicomposting is separating your worms from the finished compost so that you don't kill all the worms. That's one method is that you can just stop feeding them for six months and then none of them are alive and you've got all finished compost, which I think is kind of mean. But you can do that. So one way of getting the worms away from your finished compost is to get one of those plastic mesh bags that oranges or potatoes come in, and you put your food scraps in there and you put it on one side of the bin and you bury it down in there. And then you give it a week or two and all of the worms will migrate over to those yummy food scraps, well, most of the worms. And then you can pull that out and you'll have a bag of food scraps with a bunch of worms hanging on it. And you can set that aside and then you have a good start, an easier start to separating the rest of the worms from the compost than you would if you just started from scratch.

Theresa: Great. Yeah, that would've saved me a lot. I had not done it that way. So then after that you can then take them out into the sun and they tend to go deep and into the darkness into the bottom of the pile and you can keep scooping off the top until you just start hitting the worms. And then at that point I just put what's left back into the bin and start over.

Michelle: Right. Yeah. That's the easiest way to do it. The worms are going to go away from the light, so even if you don't have a sunny day and you want to do it in your basement with some lighting right on it, that's one way I've done it before. But they will go down into the pile, so I make little mounds kind of like pyramids, and I scoop off the top of the pyramid and then re-mound it, and they just keep going as deep as they can away from the light. I think you can go back to it every 10 minutes or so. And then eventually you just get tired of cone shaping and then you'll just start picking the worms out. Or like you said, just throw it all back into the bin to start again.

Theresa: Yeah. Perfect. Okay. Fantastic. Well, once we have this, the one way that I like to use this is on my roses. I use it everywhere, but I especially love it on my roses. But also in containers. Is that really your favorite way to use it too or do you have a different way that you like to use the finished compost?

- Michelle: Yes. I always use it as a top dressing for my house plants. I think it has a lot of nutrients for them, and I think sometimes people forget about their house plants as far as feeding them and adding more soil to them. So vermicompost is a great way to do that. You just sprinkle a little around top and it adds so much to that house plant. And it also, then you don't have to worry about introducing the worms to your garden. Right? That may not survive, I don't know, but you don't even have to worry about that if you're using it on your house plants.
- Theresa: Yeah. Fantastic. Well Michelle, I just really love your book. It does such a great job of explaining all the different ways that we can compost. You go into the science. You go into building compost. You go into maintaining the different types of compost, not just worm composting. That was just one little chapter in this whole book, so I just love that you came on and shared and helped us with worm composting. That's just fantastic, really good information. Thank you so much.
- Michelle: Thanks so much for having me. It was fun talking to you.
- Theresa: Well, I hope you enjoyed that interview with Michelle Balz, the author of *Composting for a New Generation*. Really, worm composting is super easy and I will have more information about everything that we talked about in the show notes for this episode. All you do is go to livinghomegrown.com/137. And remember that today's podcast episode was brought to you by my Living Homegrown Institute. If you'd like to learn more about where you are on your own success path to living a farm fresh lifestyle, just go to livinghomegrown.com/path and I will have a PDF for you that will help you on your own success journey. So that's it for this week. Until next time, just try to live a little more local, seasonal, and homegrown. Take care, everybody.
- Announcer: That's all for this episode of the Living Homegrown Podcast. Visit livinghomegrown.com to download Theresa's free canning resource guide and find more tips on how to live farm fresh without the farm. Be sure and join Theresa Loe next time on the Living Homegrown Podcast.