

# Red worms leave nothing to waste



Cynthia Connolly holds up worm droppings from her homemade worm bed Friday at her farm in Monticello. The plants growing in the bed — tomato, potato and squash — are the result of vegetable scraps she feeds the worms. The plants soon will be replanted in a garden. CARRIE NILAND /Democrat

## Vermicomposting a boon for organic farmers

By Tony Bridges

DEMOCRAT STAFF WRITER

MONTICELLO — Cynthia Connolly reached past the tomato plant and grabbed a black fistful from the plastic bin.

She held it up, one finger stirring through it as she pointed out fresh sprouts.

"Stuff grows in it," she said. "This looks like the richest dirt on earth."

Only it wasn't dirt.

Her palm held a mound of worm poop — rich in nutrients, free of odors, and as

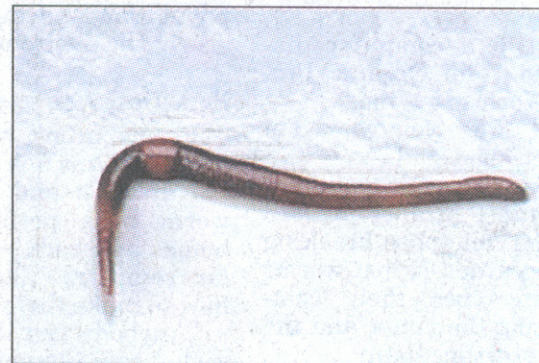
### TODAY

■ They'll be gruntin' up worms in Sopchoppy at festival. Read more on **Page 2A**

easy to come by as . . . well, you know. Connolly's fascinated by the stuff.

And it only makes sense.

She's a worm farmer, one of a small number of entrepreneurs who see worms



Special to the Democrat  
The red worm, pictured above, serves two ends of the feeding cycle — as both food sources and waste disposers.

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