



## FA-UK DATA SHEET

### **Benefits for soil and plants**

- Improves soil structure:** Worms create tunnels as they move, which allows for better circulation of air and water. This prevents soil compaction and helps plant roots extend further to find water and nutrients.
- Increases soil fertility:** As worms eat organic matter, they break it down and deposit nutrient-rich "castings" (their waste) back into the soil. This creates a natural fertilizer that enhances soil fertility.
- Aerate and drain soil:** The channels worms create improve drainage, helping to prevent waterlogged soil. Their burrowing action also aerates the soil, which is essential for healthy plant growth.
- Recycles organic matter:** Worms drag dead organic material, like leaves, underground into their burrows to consume. This process recycles nutrients and helps keep the soil surface tidy.
- Helps with bioremediation:** Worms can help clean up contaminated soil by spreading microorganisms that break down pollutants.
- Combats climate change:** Healthy, worm-rich soil is more efficient at storing carbon, helping to remove it from the atmosphere.

### **How to encourage worms**

- Add organic matter to your garden, such as compost or mulch, to provide a food source and create a cool, moist, and dark environment they enjoy.
- Reduce tilling or soil disturbance, as worms prefer less-disturbed soil.