



Earthworms are a gardener's best friend. The soil in a garden needs to be regularly dug with a hoe or a garden fork to allow water and air to reach seeds and the roots of plants.

Earthworms help to do this job. As they move through the soil, worms make tunnels, which let in water and air. If your soil is healthy, it's likely you'll have lots of earthworms and your plants will grow well.

Worms also leave waste (or castings) behind, which have important nutrients like nitrogen and calcium. These help plants grow and stay healthy.