Earthworms can be a good basic indicator of soil health. In order to thrive, earthworms require sufficient surface residue (worm food) and a lack of disturbance.

**WHAT IS A MIDDEN?**

Middens can be hard to spot! They generally occur as 2-5 cm mounds of plant residue and earthworm "droppings". Some of the plant residue may be "pulled" into the soil under the midden.

**UNDER THE MIDDEN**

Once the surface residue is carefully removed, there should be a small burrowed channel. This confirms it as an earthworm midden!

**HOW DO YOU COMPARE?**

To compare the # of middens across different areas, use a large hula hoop to define your midden count locations. Try different spots in a field or on your property. 10 - 15 middens per square metre is considered good.

#healthylakehuron #pieceofthepuzzle #landtolake