



## **FROGS AND FOOD**

Quality captive-bred amphibians and livefoods

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### **CULTURING WHITEWORMS (Enchytraeus albidus)**

Equipment required:

- Whiteworm Starter Culture
- Ventilated culturing container
- Peat or peat/soil mix
- Activated charcoal

White worms are, unsurprisingly from their name, white worms about 1cm long and make an excellent food for frogs, toads, newts and because of their ability to survive around 2 days under water, aquatic amphibians and many fish species (they are relished especially by discus and killifish).

To start with you need a suitable culturing container – I find empty 2L ice cream tubs with added ventilation in the lid are perfect. Half fill this with your culture medium (either peat or peat/soil mix) and add your starter culture.

Place culture in a **cool** place – room temperature is normally too warm for this species to thrive and at temperatures below 5°C or above 18-20°C your culture will fail to thrive or die. Unheated frost-free areas such as sheds and garages are suitable. The culture medium must be kept moist but not sopping wet for the culture to thrive.

The whiteworms can be fed on a number of foodstuffs including instant porridge oats (softened with a little water), white bread soaked in milk, flake fish food and cooked rice. Remove any food when/if they become mouldy.

To collect the worms you need a piece of glass or acrylic you place in the culture container on the food stuff. The presence of food and the increased moisture caused by the glass/acrylic will cause more worms to accumulate under it. Just take out the glass and scrape off the worms from the underside.