

- Dig half a fingers' worth of topsoil from about 10cm deep.
- 2. Pick out any roots or stones.
- **3.** Press the soil into a pencil shape.
- **4.** Roll the pencil into an even 'worm' in the palm of your hand.
- **5.** Keep rolling until it is about 5cm long and just under half a centimetre thick. Roll a maximum of 15-20 times. DO NOT add any extra moisture.

Continuous, smooth worm - soil is too wet to graze or cultivate



