

Culturing Grindal worms

ANGFA Victoria
Information Sheet 2
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Key Advantage

Grindal worms are an easy and cheap source of live food for conditioning spawning fish and for raising fry.

What do you need?

1. Some empty, clean containers such as the rectangular Chinese food containers. I prefer to use 2 litre Décor containers because the lids are easier to take on and off. Some people have 7 containers, one for each day of the week, but if they are working well, I think 4 would do well. It depends on your demand.
2. Scouring pads that are chemical free.
3. High protein baby food such as Farex original multigrain cereal (6+ months).
4. A light cover glass to sit on the scouring pads.
5. A starter culture (available from ANGFA Vic.)
6. A spray bottle.
7. A warm & dimly-lit site.

The process

- Place 2 scouring pads into a container & spray with about 5 sprays of clean aged water. Water from a healthy fish tank is fine.
- Sprinkle about a level desert spoon of baby food on to the pad. Don't put on too much food: aim for the worms to eat the lot in 2 days or the food might go off.
- Add your starter culture & spray a couple of times again.

Harvesting

As long as there is no baby food left on the cover glass, you can just dip the glass into the tank until the worms drop off.

Maintenance

1. There's no rule about how much food & how often: just as much as the culture will eat in a couple of days. And of course, if you don't harvest the culture for a while, you will have more worms needing more food more often!
2. If there is water visible under the pads: you are over-spraying.
3. If there is brown water under the pads, then there's been too much food too. Just take out the pads & shake them over a sink until no-more water comes out. Make sure the container is clean & replace them.
4. To start a new culture, just take one of the pads out & put it on a new pad in the new container. Add a new pad to the old container & feed as before.
5. NB an old & dry culture can sometimes be resuscitated.

Further Information

Attend an ANGFA VIC meeting and ask an ANGFA member for practical tips on Grindal worms. Meetings held the 1st Friday every second month starting February. Or go to www.angfavic.org