

Danner's Worm Chow

Sprinkle into a row or several piles.

Moisten lightly after adding.

2 parts Cornmeal

1 part Oatmeal

1 part Wheat flakes or breadcrumbs

1 part Dry powdered soy protein or buttermilk

1 part Azomite (source of minerals)

(or finely crushed eggshells)