

Veggies

Safe Veggies

Broccoli - whole vegetable

Lettuce - romaine, chicory, boston, aruula, etc. Any but iceberg, which has little or no nutritional value.

Sweet potato - Raw or slightly micro waved (45-60 seconds per sweet potato). It tastes sweeter that way, but is still crunchy and appetizing.

Cauliflower - whole vegetable chopped up

White potatoes - whole spud, chopped up. Remove all eyes, as they are poisonous.

Squash - zucchini, acorn, spaghetti, butternut, yellow, pumpkin, etc. Any portion of the squash is good, especially the seeds. They are high in silenium and other healthy minerals.

Melon - watermelon (pits are okay), canteloupe (rind is toxic), canary melon, sabra melon, honeydew - the flesh is good, remove seeds and rind.

Tomato - the tomato only, leaves and stem are toxic

Carrots - whole plant is great!

Beets- The whole plant served raw is supernutritious.

Corn - On the cob, cut into 1 inch sections, no more than 2 sections per bird daily. Corn can cause problems with proper calcium metabolism, so although it is usually relished by all birds, it must be limited.

Turnips- The turnip itself and the greens. The greens are rich in vitamin A

Kale- Rich in Vitamin A, E, K

Watercress- Rich in vitamin A, C, E

Collard Greens - Rich in vitamin A, C, Potassium, Calcium

Dandelion - Rich in vitamin A. If you collect your own, make sure they are untreated chemically.

Chicory -Vitamin A

Mustard Greens

Cabbage - Cut horizontally to avoid long stringy pieces.

Kohlrabi

Brussell Sprouts - Sprouts on the stalk can be hung in the cage as a perch or food toy.

Swiss Chard

Peas

Beans- Beans will be covered in the following section in detail.

Celery- peeled and cut up in small horizontal pieces, so there are no long stringy hard to digest pieces to obstruct digestion.