

# Grow & Serve!

All  
Species

## You Will Need:

A greenhouse, garden or sunny windowsill

Seeds of your chosen plant

Suitable compost and container

Water and green fingers!

Time Required: Variable



There is nothing more nutritious or enjoyable than fresh food, and your parrot will love it.

*Some of our favourites include;*

**Nasturtiums** – easily grown, vigorous plants with profuse amounts of flowers. Loved for their peppery taste. Can be grown in aviaries or simply picked and given to your bird in its cage or around the home.

**Garden Peas and Broad Beans** – we feed the whole plant to the birds and they love it! Just watch them shell the peas as they work their way along the plant. Why not put the plant on the cage or aviary roof to encourage the birds to manipulate it through the wire.

**Lettuce** – some of the larger parrots spend ages with a lettuce on the floor, rolling, chewing and occasionally even eating some of it.

## Other plants which can be used include:

Honeysuckle Flowers, Pot Marigolds, Chamomile Flowers, Daisies, Dandelions, Elderflower, Sunflowers & Buddleia.

*Please ensure any wild plants that you collect are free from pesticides, and other forms of pollution such as exhaust fumes.*