

GREEN VEGGIES TO FEED YOUR PARROT



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Green vegetables are packed with antioxidants and nutrients such as vitamins A, C & K, calcium, potassium and iron, to name a few.

These nutrients are necessary for maintaining many different bodily processes, improving vision, helping to manage weight and boosting immunity.

Additionally, they are an excellent source of fibre and water, which keep the digestive system in check.

It is of great importance to ensure that our companion birds do get dark green vegetables in their daily diet.

Always ensure vegetables are **well washed** before using.



Bok Choy/Pak Choi
Chinese Cabbage-
Chinese Kool

Winter Crop
Raw/ Cooked/ Steamed



Baby Spinach /
Baba Spinasie

Winter Crop
Raw/ Cooked/ Steamed



Bean Sprouts /
Spruite

All Year Round Crop
Raw



Beetroot Greens/
Beet Blare

Spring / Summer Crop
Raw/ Cooked/ Steamed



Broccoli /Brokkoli

Spring / Summer Crop
Raw/ Cooked/
Steamed



Brussel Sprouts /
Brusselse Spruitjies

Autumn Crop
Raw/ Cooked/ Steamed



Cabbage / Kool

Winter Crop
Raw/ Cooked/ Steamed



Cauliflower /
Blomkool

Autumn Crop
Raw/ Cooked/ Steamed



Collared Greens

Summer/ Autumn Crop
Raw/ Cooked/ Steamed



Dandelion Greens

Spring / Summer Crop
Raw/ Cooked/ Steamed

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Green Beans/ Groen Boontjies

Summer Crop
Raw/ Cooked/ Steamed



Green Peppers / Groen Peper

Spring / Summer Crop
Raw/ Cooked/ Steamed



Kale

Summer /Autumn Crop
Raw/ Cooked/ Steamed



Mulberry Leaves / Moerbeiblare

Spring / Summer
Raw/ Cooked/ Steamed



Mustard Greens

Autumn / Winter Crop
Raw/ Cooked/ Steamed



Okra

Autumn / Winter Crop
Raw/ Cooked/ Steamed



Green Peas / Groen Ertjies

Summer Crop
Raw/ Cooked/ Steamed



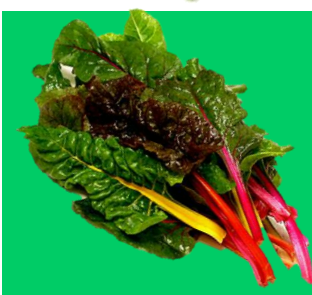
Rocket

Autumn/ Winter Crop
Raw/ Cooked/ Steamed



Spinach / Spinassie

Autumn/ Winter Crop
Raw/ Cooked/ Steamed



Swiss Chard

Autumn/ Winter Crop
Raw/ Cooked/ Steamed



Watercress

Spring / Summer Crop
Raw/ Cooked/ Steamed



Zucchini/ Baby Marrow /Murg Pampoentjies

Summer /Autumn Crop
Raw/ Cooked/ Steamed

YELLOW, ORANGE, RED VEGGIES TO FEED YOUR PARROT



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Yellow and orange fruit and veg contain carotenoids, which get converted by the body into Vitamin A which may help protect against cancers, heart disease, age-related macular degeneration and other eye diseases. Red fruit and veg contain lycopene which may help reduce risk of cancer, or anthrocynains which is a powerful antioxidant that protect the cells from free radical damage and is healthy for the heart.

Always ensure vegetables are **well washed** before using.

Vegetables contain less sugar than fruit, and it is therefore recommended that parrots have a higher ratio of vegetables in their diet, than fruit.



AFRICAN HORNED MELON / WILDE KOMKOMMER

CREEPER
Late Summer / Autumn
Raw



BELL PEPPER

Parrots love to eat the 'heart' of a bell pepper.

Autumn/Winter Crop
Raw/ Cooked/ Steamed



BEET ROOT /BEET

Spring / Summer Crop
Raw/ Cooked/
Steamed



BUTTERNUT / BOTTERSKORSIE

Seed is safe Winter
Crop
Raw/ Cooked/
Steamed



CARROTS/ WORTELS

All Year Round Crop
Raw/ Cooked /
Steamed



CHILLI'S

Summer / Autumn Crop
Raw/ Cooked /
Steamed/ Dried



GEMSQUASH / SKORSIE

Seed is safe
Winter Crop
Raw/ Cooked/
Steamed



MAIZE / MIELIES

High in sugar, low in
feeding value-feed in
moderation
Spring / Summer Crop
Raw/ Cooked/
Steamed



PATTY-PANS

Autumn / Winter Crop
Raw/ Cooked/ Steamed



SWEET POTATO / PATAT

All year round Crop
COOKED

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APPLES / APPELS

REMOVE SEED

All year round fruit

Raw



BANANAS /PIESANGS

High in sugar- give in moderation

Summer Fruit
Raw



FIGS / VYE

Spring / Summer
Fruit

Raw



GRAPES / DRUIWE

High in sugar- give in moderation
Seed is healthy

Autumn/ Winter Fruit
Raw



MANGO

Do not give pip

Summer/ Autumn
Fruit
Raw



MANDARIN/ NARTJIES

Parrots avoid seed
and peel
Autumn / Winter Fruit
Raw



MELON/ SPANSPEK

Seed are safe
Summer/ Autumn
Fruit
Raw



PEACHES – NECTARINES /PERSKES

Remove Pips

Summer Fruit
Raw



PEARS / PERE

Remove Seed

Spring / Summer Crop
Raw



PAPAJA / PAW-PAW

Pips are safe to feed
Good anti-parasitic

Summer Crop
Raw



POMEGRANATE /GRANAAT

Summer /Autumn
Fruit
Raw



ORANGES /LEMOENE

Autumn / Winter Fruit
Raw/

Resources: Google Images