

Vegetables that are Safe for Parrots



Asparagus
Beetroot
Broccoli
Brussel sprouts
Buk choy
Cabbage
Carrot Leaves/Greens
Carrots
Cauliflower
Celery
Chard
Chicory
Collard greens
Cucumber
Dandelion greens
Fennel
Kale
Mustard greens
Okra
Pak choy
Parsley
Peppers -especially Green, but includes all Sweet *and* Spicy peppers; (not too many seeds)
Pumpkin (flesh only)
Radish
Rocket
Romaine lettuce
Silver beat
Snow pea sprouts
Spinach
Sprouts
Squashes (including Zucchini)
Sweet potato (cooked)
Turnips
Watercress
Wheatgrass

