

Recipes

Homemade Healthy Budgie Grain/Seed Mix

The actual recipe is from Gloria at Whitewing Farms.

Homemade Healthy Budgie Grain/Seed Mix

Make your own Budgie grain/seed mix:

1 part Quinoa
1 part hulled yellow Millet
1 part safflower seed
1 part Canary Seed
1 part thistle seed
1 part red proso
1 part white proso
2 parts oat groats
1 part amaranth
1 part flax seed

Mix them all together and there you go. Happy and very HEALTHY budgies. Now this, in combination with a "Bouquet Salade" wired or clipped daily inside their house.....you have provided an EXCELLENT budgie diet.
-Gloria at Whitewings Farm

I'll add that budgies should get equal portions of a good seed mix and a good pellet as well as healthy veggies (high in vitamin A). Legumes are great to offer and there are many cooked mixes on the market now. Wheatgrass is another very nutritious food that you can offer a few times a week. Basically, they need a large variety of healthy foods in order to get everything they need.

Posted by Eterri

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