

Growing Microgreens and Sprouts for your Pets



Ten Microgreens to Feed your pets

Just as important as hay and pellets are to rabbits, hamsters, chipmunks, and guinea pigs, adding a moderate amount of vegetation to their diet is an excellent way to promote their health.

When you feed your pets a healthy amount of these vegetables, you will improve their overall health and provide the required nutrients.

And yes, microgreens are a good idea for these pets and can play a significant role in their growth. As a pet owner, add a small portion of microgreens to their diet.

Rabbits and guinea pigs are herbivores. Hamsters and chipmunks are omnivores. This means that a moderate intake of microgreens can suit them both.

Research has shown that microgreens are 40 times more vital than mature vegetables. Your pets will get a high level of nutrients when you feed them microgreens.

Microgreens contain high amounts of minerals and vitamins, especially Vitamin C.

They are safe and nutritious, providing your pets with the right amount of nutrients to enhance their growth.

Some pet owners avoid feeding their rabbits, hamsters, chipmunks, and guinea pigs microgreens because they believe that they are too bitter or spicy.

[The recommended microgreens for pets should not spicy or bitter, rather mild and sweet.](#)

Microgreens For Cats

Cats should also receive similar cancer-fighting and cognitive benefits from antioxidants and minerals found in leafy vegetables.

Mixing microgreens with your cat food is more beneficial than regular greens since they have a higher concentration of nutrients and antioxidants. Therefore, you can give more beneficial greens to your cat without upsetting its stomach. The recommended microgreens for cats are barley grass, "cat grass", carrots, peas, and broccoli. .



You can chop up or blend your microgreens and then mix it with regular pet food. Microgreens should only make up 5% of a cat's diet. If you make your own home made cat food, feed them raw whole foods such as chicken or mackerel, and sprinkle chopped up microgreens on top. Grains such as rice should be avoided to add bulk because they are known to be correlated with type-2 feline diabetes. Additionally, meta live grasses are beneficial for cat enrichment.

Microgreens For Dogs

Microgreens give your pet dog added nutrition and health benefits.

(1) Scottish Terriers found that the consumption of leafy vegetables three times per week significantly reduces the risk of bladder cancer

(2), diets rich in vegetable derived antioxidants have been shown to improve cognitive function in aging dogs.

(3) Varieties such as carrot, pumpkin, turnip, and mustard are the best microgreens for your dog. These vegetables have high levels of vitamin A, vitamin C, vitamin K, and folate, plus a variety of minerals such as magnesium, calcium and iron. To add these microgreens to their diet, you can chop them up or blend them before mixing them in with their regular pet food.

The recommended guideline for mixing microgreens with their food is that microgreens should represent approximately 10% of their diet.

If you are making homemade dog food from scratch. Use freely in your favourite homemade dog food recipes.

We do not recommend amaranth and quinoa. Kale and broccoli should be avoided with pets that have thyroid problems.



Microgreens For Rabbits

Rabbits love to eat greens and there's nothing that they love more than fresh timothy hay. Hay contains almost all of the nutrients that rabbits need to grow and thrive. Hay should consist 80 to 90% of a rabbit's diet. Like all plants grown outdoors, hay is seasonal. The most nutritious hay is harvested during peak growing season, we harvest just for your bunny. In addition to the hay that you feed your rabbits, it's recommended that you feed leafy greens on a daily basis. You can share microgreens such as swiss chard, broccoli or turnip greens.



Microgreens For Guinea Pigs

Very similar to rabbits, a guinea pig's diet consists of 80-90% timothy hay, followed by leafy greens and pellets. Required to keep their back teeth trimmed, they must chew for the majority of their day. By introducing microgreens and micro grass into their daily diet, you are supporting their health and making sure their teeth are well cared for. The best microgreens and grass to feed your piggies are wheat grass, red leaf, cilantro, and parsley.

Microgreens For Hamsters

Like many rodents, hamsters eat a lot of grains and seeds. There's nothing like watching a hamster gnawing at a sunflower seed. The way they nibble

and turn the seeds around their tiny hands are therapeutic. Your hammies can enjoy swiss chard and bok-choy microgreens.

Ten microgreens for raising healthy rabbits, hamsters, chipmunks, and guinea pigs				
Microgreens	Rabbits	Hamsters	Chipmunks	Guinea Pigs
Alfalfa , popularly known as the father of all foods, is a microgreen that has a nutty, crunchy, and mild flavour. It is green and rich in antioxidants, essential for the healthy functions of your pets.	Don't Feed	Feed	Feed	Feed
Arugula , also known as rocket, is a unique form of microgreen that has a peppery flavour. Feed your pet arugula in moderation. Arugula regulates many bodily functions of your pets.	Feed	Don't Feed	Feed	Feed
Barley is usually used as fodder for a good deal of livestock, including rabbits and guinea pigs. It is high in nutrients and dietary fibre, which promotes digestion and your pet's development.	Feed	Feed	Feed	Feed
Basil : there is a wide variety of basil. Some have a sweet flavour, while others have a lemon-like flavour. By adding a small portion of basil leaves to your pets' food, your pets will have a high level of nutrients.	Feed	Feed	Feed	Feed
Broccoli : it is a common form of microgreens that you can add to the daily food of your rabbits and guinea pigs. Its flavour is mild and crunchy. Feeding your rabbits and guinea pigs, a small portion of broccoli leaves provides them with adequate nutrients for optimal growth.	Feed	Feed	Feed	Feed
Buckwheat : because of its sweet flavour, it is an excellent addition to your pets' food. However, give them small amounts of buckwheat for a start and observe their reaction. If they don't show any sign of sensitivity, you can increase the portion. Buckwheat contains a high level of nutrients that will improve the development of your pets.	Feed	Feed	Feed	Feed

Ten microgreens for raising healthy rabbits, hamsters, chipmunks, and guinea pigs

Microgreens	Rabbits	Hamsters	Chipmunks	Guinea Pigs
Cabbage: it is a common form of microgreens known for its high nutritional value in pets' diet. The flavour is slightly sweet and mild, and it contains an abundant amount of Vitamin C, which is vital in the diet of rabbits, hamsters, chipmunks, and guinea pigs. By adding a good portion of cabbage to the daily diet of your pets, you are increasing the nutrients level of their diet.	Feed	Feed	Feed	Feed
Carrot: not only do rabbits, hamsters, and guinea pigs eat carrots, they also eat carrot microgreens. They are rich in minerals and vitamins-especially Vitamin C, which prevents scurvy in guinea pigs. Provide small portions of carrot microgreens for your pets.	Feed	Feed	Don't feed	Feed
Cauliflower: high in nutrients and vitamins, it is an excellent addition to the diet of your pets. Its flavour is mild and slightly peppery. Introduce a small portion of cauliflower to the diet plan of your pets as it provides a high amount of fibre needed to keep them full. If you notice that your pet is sensitive to cauliflower, visit a veterinarian for proper examination.	Feed	Feed	Feed	Feed
Cilantro: it is an excellent microgreen that you can add to the food of your pets. You should give them in moderation to avoid health complications. Introduce it to their diet and note their sensitivity. A moderate portion of cilantro leaves provides your pets with a high nutritional level and vitamins.	Feed	Don't feed	Feed	Feed

Microgreens to avoid feeding your rabbits, hamsters, chipmunks, and guinea pigs

Microgreens	Description
Kale	Avoid giving it to young pets daily as it causes bloating, gas, and diarrhoea. Only adult rabbits and guinea pigs can handle kale.
Lettuce	As nutritious as lettuce is, some types of lettuce are harmful to these pets. For example, iceberg lettuce is harmful to young rabbits because it contains

Microgreens to avoid feeding your rabbits, hamsters, chipmunks, and guinea pigs

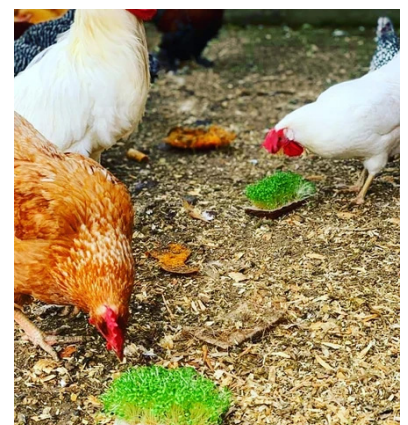
Microgreens	Description
	lactucarium. Because of the leafy and fibrous nature of lettuce, it can cause digestive problems if given in large quantities.
Dill	Because of the high content of calcium in dill, it is not safe to feed it to your guinea pigs in large quantities because it can cause digestive problems.
Peas	Contain high levels of phosphorous, sugar, and fibre, which make it dangerous for rabbits. Avoid giving peas to your pet rabbit as it causes serious digestive problems. If your rabbit eats a pea by mistake, it will not cause a problem. Whenever you notice a sudden change in the health of your pet, visit a veterinarian for proper treatment.
Radish	A large portion of radish causes bloating and gas, which threaten their health. Keep a close eye on your pet and observe any changes in their health in the first 24 hours.
Spinach	Contains a high level of oxalic acid and iron, which, when taken in large quantities, can be risky to the health of your pets. Avoid giving a daily portion of spinach to them.

The Benefits of Feeding Sprouts to birds

The avian body requires hundreds of different nutrients daily. Malnutrition is the leading cause of illness, disease and premature death in captive parrots. This statistic is tragic, especially since malnutrition can be prevented and reversed.

Sprouts provide a wealth of nutrients that are easily assimilated and utilized by the body. As the body receives the type and quality of nutrition it craves, regeneration and healing can begin at the cellular level. This results in improved health, increased longevity, a more congenial temperament, and beautiful plumage

Introduce your flock to the superior nutrition of sprouts and watch your birds transform as they receive the benefits only this outstanding super food can provide. What positive changes have people seen after feeding their birds nutrient rich sprouts? Many have reported observing: significant improvements in feather condition and colour, fewer illnesses, and birds with health issues have experienced strong recoveries, reversal of obesity problems, and reduction in feather destruction behaviours.



Microgreens are great for your birds because the fibre tends to break down easier and compared to full grown plants & it cleanses their digestive tracts while giving them the right nutrients! Microgreens are full of Omega 3's, minerals and fibre, vitamins and anti-cancer polyphenols.

Sprouting seeds for your parrot can offer a valuable new source of nutrition as well as enrichment. Many types of seeds can be sprouted easily at home.

Feeding your Bearded Dragon

Bearded dragons require a great number of crickets and leafy greens to stay alive and happy. They especially love to eat mustard greens and bok-choy. You can also feed your dragon sprouts as they are nutrient dense. Commonly eaten are radish, broccoli, alfalfa, and black oil sunflower



Feeding your Tortoise

When it comes to Tortoises such as cute Rocky here, grasses, such as our Sweet Wheatgrass, Clover, Kale, Cabbage and salad mixes are good to consume occasionally. Microgreen varieties to

avoid feeding your tortoise include Broccoli & Wasabi-Mustard microgreens. The total diet should consist of about 20 percent greens/veggies.

Extracted from various sources :

1. www.metamicrogreens.com
2. www.hamama.com
3. www.microgreensworld.com



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