

## Breakfast at The Lake!

For years, I have chopped veggies for birds! And cooked stews for dogs! And made healthy smoothies for humans! Diet is important!! Imagine the variety of plants, insects, grasses and seeds birds eat in the wild. From finches to macaws. We try to imitate (can't quite replicate) that diet in our bird room.

Breakfast is a big deal around here. By evening, all bowls are getting low, with pretty much only the least favorite left-overs from the seed mix. First thing in the morning, you can find me in the kitchen preparing birdie breakfasts! When the lights go on in the bird room, they all expect a hearty breakfast.

Some of the vegetables that are our favorites are:

**SPROUTS:** Sprouts get a category of their own! We sprout everything! We add sprouts to our mix almost every day. Some days, sprouts are the only thing on the menu. They are THAT healthy!!

**GREENS:** kale, baby spinach, romaine, endive, carrot tops and dandelion greens (they really enjoy them when we can find them)

**VEGGIES:** zucchini, pumpkin, butternut squash, corn, peas, broccoli, radishes, carrots, beets, cauliflower, peppers

**FRUITS:** (In the mix or in chunks) apple, blueberries, raspberries, cranberries, pomegranate, watermelon

**SEEDS/NUTS:** Mostly for attention. Small amount of any appropriate seed mix, nuts appropriate to your size bird. We use a few shelled sunflower seeds, almond slices, walnuts, flax seed, hemp seed, chia seeds, oat groats and many more. Seed sprinkled on top of the healthy veggies is especially helpful for birds that aren't yet in love with veggies.

Every bird awaits their dish brimming with our chopped veggie mix. New birds take a bit of time to realize the value in the dish, but be persistent. Don't give up, put it in front of them every day. Make it fun! They won't be able to resist.

After a couple of hours, certainly by noon, all fresh food needs to be removed from the cages. If left too long, they will begin to grow bacteria. Then seed & pellet dishes are cleaned and refilled for the day. Our birds enjoy their seeds in the afternoon, but they're already full with healthy veggies! And pellets from their pellet dishes. Abundance feeding at its best!