



THE CHICKEN COOP COMPANY

# Chicken Check List

## Fruits & Vegetables



### CHICKEN-SAFE VEGETABLES TO GROW

- LETTUCE (AVOID ICEBERG)
- KALE
- SWISS CHARD
- SPINACH (IN MODERATION)
- CABBAGE
- CARROTS & CARROT TOPS
- BEETS
- ZUCCHINI
- SQUASH
- BROCCOLI LEAVES
- CUCUMBERS
- CORN (IN MODERATION)

### CHICKEN-SAFE FRUITS TO GROW

- STRAWBERRIES
- BLUEBERRIES
- RASPBERRIES
- WATERMELON
- CANTALOUPE & HONEYDEW
- APPLES (SEEDS REMOVED)
- GRAPES – FEED SLICED TO AVOID CHOKING.
- PEACHES (NO PITS)
- PUMPKIN
- TOMATOES (RIPE ONLY) AVOID STEM & LEAVES.

### FRUITS & VEGETABLES TO AVOID

- ONIONS
- CITRUS FRUITS
- TOMATO LEAVES
- RAW POTATOES
- POTATO SKINS
- RHUBARB
- AVOCADOS
- EGGPLANT
- APPLE SEEDS

**REMEMBER!** Chickens will eat your garden if they get the chance—we recommend keeping them separated until they are ready to be eaten!