

## **Vegetables:**

- Artichoke leaves
- Asparagus
- Baby Sweetcorns (but not full size ones)
- Beetroot (care with leafy tops as high levels of oxalic acid)
- Broccoli (and its leaves, including purple sprouting varieties)
- Brussel Sprouts (leaves and sprouts)
- Cabbage (can sometimes cause digestive upsets)
- Carrots (and carrot tops) – the roots should be limited as they are high in sugars
- Cauliflower (and the leaves)
- Celeriac
- Celery (and its leaves)
- Chicory
- Courgette (and flowers)
- Cucumber
- Curly Kale
- Fennel
- Green beans
- Kohl rabi
- Parsnip
- Peas (including the leaves and pods)
- Peppers (red, green and yellow)
- Pumpkin
- Radish Tops
- Rocket
- Romaine lettuce (not Iceberg or light coloured leaf)
- Spinach (only occasional)
- Spring Greens
- Squash (e.g. Butternut)
- Swede
- Turnip (only occasional)
- Watercress

## **Herbs (often powerful tastes so may take some getting used to):**

- Basil
- Coriander
- Dill
- Mint (peppermint)
- Parsley
- Oregano
- Rosemary
- Sage
- Thyme

**Fruits (should be fed in moderation, due to sugar content – up to 2 tablespoons worth per day):**

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- Apple
- Apricot
- Banana (high in potassium)
- Blackberries (and leaves – excellent astringent properties)
- Blueberries
- Cherries
- Grapes
- Kiwi Fruit
- Mango
- Melon
- Nectarines
- Oranges (not the peel)
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries (and leaves – excellent astringent properties)
- Strawberries (and leaves)
- Tomatoes (not the leaves)

**Wild Garden Herbs/Weeds/Flowers:**

- Borage
- Calendula
- Camomile
- Chickweed (astringent)
- Clover (leaves and flowers)
- Coltsfoot
- Comfrey
- Dandelion (diuretic properties)
- Goosegrass (cleavers) but may stick to coat!
- Lavender
- Mallow
- Nettle
- Nasturtium (leaves and flowers)
- Shepherd's purse
- Sow Thistle
- Plantain
- Yarrow

**Compiled by Claire King and Judith Brown 2006.**

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