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### Safe Food for Rabbits-

This is as comprehensive a list as I can come up with, I may have left a few things out and would be happy to add them to the list. The names given are the common names, and I've given all the ones I know. However it is not a guide to the nutritional value of these foods and as always when starting rabbits on a natural feeding program go slow so the gut flora can adapt to the new feeds you are feeding your rabbits.

### RABBIT SAFE FRUIT-

(Feed very, very sparingly... Super sugary! Up to 2 tbsp daily) :

Apple (NO core or anything containing seeds, unless all seeds removed)

Apricots

Banana (fruit and peel)

Blackberry (stem, leaf and fruit)

Blueberries

Carambola

Cherry

Cranberry

Currant (black and red)

Cucumber

Grapes (fruit, leaf and vine are edible)

Huckleberry

Kiwi Fruit (fruit and peel)

Mango

Nectarine

Orange (NO PEEL- segments only)

Melon (all melons)

Papaya (very high in the enzyme to break down hair especially the seeds once dried & ground)

Peach

Pear

Pineapple (reasonable enzyme content to break down hair in Core)

Plum

Raspberries (twigs, and leaves – astringent)

Rose hip

Starfruit

Strawberries (and leaves)

Tomato (red fruit ONLY; no stems or leaves)

Tangerine (NO PEEL – segments only)

Watermelon

### RABBIT SAFE VEGETABLES-

Alfalfa Sprouts

Artichoke Leaves

Arugula

Asparagus

Beet Greens

Beetroot

Bell Peppers (green, yellow, red, orange...)

Bok Choy/Pak Choy

Carrot Greens (tops)

Carrot (limited amount, due to high sugar content)

Celeriac

Celery (cut into small pieces to limit choking on strings)

Cucumber

Chard

Chicory Greens (aka Italian Dandelion... see discussion here )

Clover (WHITE only)

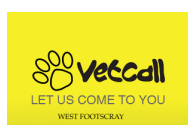
Collard Greens (be cautious, may cause bladder sludge (high calcium)

Dandelion Greens (no pesticides)

Eggplant (purple fruit only; leaves toxic)

Endive

Escarole



Grass (if cut from your own chemical/fertilizer/poison free back yard-I spread it out and dry it)

**DO NOT USE A MOWER AS IT PUTS OIL ON THE GRASS**

Kale

Lettuce (Dark Green/Red Leaf, Butter, Boston, Bibb, or Romaine – **NO ICEBERG** [no

nutritional value, may cause diarrhea])

Mustard Spinach/greens in moderation

Nappa/Chinese Cabbage

Okra Leaves

Pak Choy/Bok Choy

Pumpkin

Radicchio

Raspberry Leaves

Rhubarb (RED STALKS ONLY – **POISONOUS LEAF**)

Squash: Yellow, Butternut, Pumpkin, Zucchini

Swiss Chard

Turnip Greens

Watercress

Wheat Grass

Zucchini

#### **SAFE FOODS:**

Agrimony

Alfalfa

Apple

Avens

Balm

Banana

Barley

Basil

Beetroot

Blackberry

Borage

Broccoli

Buckwheat

Burnet

Camomile

Caraway

Carrot

Celery

Celeriac

Chervil

Chicory

Chickweed

Chinese leaf

Cleavers

Clover, WHITE

Coltsfoot

Comfrey-I feed fresh young leaves and also dry for winter tonic, but most breeders say they feed it slightly wilted

Coriander

Corn marigold

Corn spurrey

Cow parsnip

Crosswort

Cucumber

Dandelion

Dead-Nettles

Dill

Dock **BEFORE FLOWERING**- no flowers- **TOXIC**

Endive

Fat hen

Fennel

Goosefoot

Goosegrass

Goutweed **BEFORE FLOWERING**

Ground elder **BEFORE FLOWERING**

Hawkbit

Hawkweed

Heather

Hedge parsley

Horseradish

Jerusalem artichoke

Knapweed

Knotgrass

Kohlrabi

Lavender

Lovage

Mallow

Marjoram

Mayweed

Maywort

Meadowsweet

Melon

Milk thistle

Mugwort

Nipplewort

Oats

Orache

Oxeye daisy

Parsley

Parsnip

Peas

Pear

Peppermint

Pigweed

Plantain

Pumpkin

Purslane

Raspberry

Sage

Savory

Sanfoin

Shepherd's purse

Silverweed

Soya  
Strawberry  
Swiss Chard  
Tare  
Tomatoes(fruit only leaves and stocks toxic!)  
Trefoil  
Vetch  
Vine leaves  
Watercress  
Watermelon  
Wheat  
Yarrow

#### SAFE IN MODERATION:

Brussels Sprouts  
Kale  
Spinach

#### SAFE TREE AND SHRUB LEAVES-

Should always feed only fresh young leaves:

Acacia  
Apple  
Beech  
Birch  
Blackberry  
Cherry  
Hazel  
Horse Chestnut  
Lime  
Mountain Ash  
Mulberry  
Pear  
Poplar (not black)  
Raspberry  
Strawberry

#### SAFE TWIGS-

Apple  
Birch  
Blackberry  
Fir  
Hazel  
Hawthorn  
Maple  
Pear  
Raspberry  
Spruce  
Willow

#### SAFE FLOWERS

Aster  
Daisy  
Geranium  
Geum  
Helenium  
Hollyhock  
Honesty  
Marguerite  
Marigold  
Michaelmas daisy  
Nasturtium  
Rose  
Stock  
Sunflower

#### SAFE HERBS-

Basil: Lemon, Globe, Thai, Mammoth, Sweet,  
Genevieve  
Borage  
Camomile  
Caraway  
Clover  
Chervil  
Comfrey  
Coriander/Cilantro  
Dill: Fernleaf, Mammoth  
Fennel  
Garden Cress  
Groundsel  
Lavender (Not for pregnant does; can cause fetal  
expulsion)  
Lemon Balm  
Lovage  
Marjoram  
Mint: Pineapple sage, pineapple mint, apple mint,  
orange mint, peppermint, lemon thyme,  
cinnamon basil, lime basil, lemon basil, sweet  
basil, licorice basil, "licorice mint" (anise hyssop),  
spearmint, peppermint, chocolate mint, and basil  
mint.  
Oregano  
Peppermint  
Parsley: Curly and Flat-Leaf  
Rosemary  
Sage: Pineapple is quite good  
Salad Burnet / Small Burnet  
Summer Savory  
Tarragon  
Thyme

## HELPFUL RECIPES

### PAPAYA ICECUBE BLOCK

Papaya has the highest concentration of the protease, Papain commonly used as a meat tenderiser. Meat is a protein just like the fur you bunny ingests as it grooms itself or partner. There are other sources but I have found this to be the most effective. Kiwi fruit has Actinidain, a protease that also breaks down protein & pineapple has Bromelain, an enzyme that also breaks down protein.

All are protein breaking digestive aids but we have worked out that our mix makes it easy to syringe if necessary.

1 x red Papaya (the greener the better) SKIN REMOVED

2 x Kiwi fruit. SKIN REMOVED

Remove seeds from papaya and dry naturally (low temp to keep the effectiveness of the Papain as heat will destroy it) then crush in a mortar and pestle or coffee grinder.

Purée the papaya and kiwi flesh and mix through the ground seeds.

Pour into a silicone ice cube tray and give a Block weekly as a preventative treat.

This can also be thawed & used if you suspect that there may be a blockage as an emergency treatment while waiting to see your vet.

### MAKE CRITICAL CARE MORE PALATABLE

#### **NOT FOR A BUNNY GRINDING ITS TEETHING PAIN**

For post op care & if you have an ill/underweight bunny that needs critical care regularly. Do not give to a bunny in immense pain as they will already have raised blood sugar levels. If you suspect this do not use this suggestion. A bunny in immense pain will be grinding their teeth which is much louder than tooth purring. Only a vet can determine the blood sugar levels in your bunny so please follow their advise.

When we have a bunny at the refuge that is not eating Post Op or has a critical issue with gaining weight, we mix the critical care in a mix of 50%-75% water & 25% -50% V8 Veggie juice, Apple juice, Cranberry juice or similar clear juice. We find it much easier to get a reasonable amount in the bunny rather than on us & many that suffer from dental issues will eat this straight from the bowl which is an added bonus.

### CALENDULA TEA EYE BATH (Courtesy of Animal Eye Care)

2 Calendula flower teabags from the health food shop or 2 teaspoons fresh or dried calendula flowers.

Pour on 200ml of boiling water & allow to steep for 15 minutes then cool to room temp.

Can be kept for a couple of days in the fridge then dispose of & make a new batch.

Immerse a cotton pad into the solution, apply and let sit on the eye for a few minutes. Repeating 5-6 times daily helps greatly with allergic conjunctivitis & may relieve irritation from weepy eyes resulting from dental issues but is in no way a cure, just relief of symptoms.