

MYSHIRE FARM

Guide to Coturnix Quail Treats

✓ Good Treats

- most fruits
- most leafy greens
- most vegetables
- seeds (sunflower, etc.)
- dried mealworms or larvae



✗ Treats To Avoid

Vegetables

- avocados
- onions
- parsley
- potatoes
- rhubarb
- turnips
- iceberg lettuce
- citrus (limes/lemons/oranges)

Plants

- eggplant
- peppers
- potatoes
- tomatillos
- tomatoes

Other

- meat
- coffee
- chocolate
- salty foods
- sugary foods
- butter

