

# THE BULLETIN BIRD

MARCH 2025

HARRISON'S BIRD FOODS NEWSLETTER

## Behind the Scenes...

Harrison's Bird Foods is excited to introduce a new product for 2025: **Nuggies!** Nuggies! are artisan-crafted, baked seed-and-nugget clusters for birds. They encourage foraging and help prevent boredom. They also serve as an easy diet conversion tool—a feel-good, healthy treat made with organic ingredients, without added corn syrup.



## A BRIEF FOCUS ON: SPROUTS

From HBD Nutritionists *Ellen S. Dierenfeld, PhD, and Jonathan Stockman, DVM, PhD.*

There is no doubt that sprouts can be highly palatable to almost all species, but their nutritional value may be questionable. Similar to seeds, young sprouts have an inverse calcium-to-phosphorus ratio. Additionally, all nutrients in sprouts are further diluted by their high water content—while seeds may contain 5% to 10% water, sprouts contain closer to 50% to 90%.

A significant concern with sprouts is that they are often contaminated with harmful bacteria and other pathogens. Because sprouts are grown in

warm, humid conditions (ideal for bacterial growth) they can become contaminated through soil or fertilizer. Birds are particularly susceptible to certain pathogens, especially if they are immunocompromised. Some of these pathogens can also be transmitted to humans. For these reasons, we recommend leafy greens as a safer alternative for a balanced bird diet.



## An Interesting Tidbit

For creative enrichment, try adding a potted organic herb plant to your bird's enclosure. Several readily available herbs, such as rosemary, thyme, basil, oregano, and mint, provide health benefits while also being appealing to birds.



You May Not Know...



There's a new shipper in town: Amazon Shipping. This service is separate from purchasing Harrison's Bird Foods through Amazon.com, but it offers fast delivery at a fair price. Simply use the regular online order form at [harrisonsbirdfoods.com](http://harrisonsbirdfoods.com) and specify Amazon Shipping after finalizing your cart.

## A TOXIC ALERT!



Right now, 40% of pollinator species face extinction, largely due to our food system's reliance on toxic pesticides. Pollinators are responsible for one in three bites of food we eat. An unsuspecting culprit? Popcorn. Nearly 100% of popcorn seeds grown in the U.S. are coated with neonicotinoids ("neonics"), the world's most widely used class of insecticides.

Several environmental and food organizations have confronted popcorn manufacturers, but so far, only Pop Weaver and Pop Secret have committed to phasing out their purchase of neonicotinoid-coated seeds. Larger popcorn companies have yet to follow suit.

(Source: Center for Food Safety)