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	Asparagus	Asparagus is good for chickens for many of the same reasons it is beneficial for humans. Whether you feed your chickens leftover scraps or freshly harvested asparagus spears your flock will savour every morsel.
	Arrowroot	Arrowroot is an essential plant in warmer climates, as it provides a cool refuge on hot days. The high moisture-holding stems create an air-conditioned effect inside a big clump. The leaves are an attractive forage and you will need a big patch to prevent it being demolished by hungry hens.
	Chia	Chia is one of the highest sources of Omega 3 and is also rich in protein, calcium, Vitamin C, iron and potassium. This vigorous plant is heat and pest-resistant. The blue flower spikes develop on plants 40 - 80 cm tall. Harvest the ripe seedheads then place in cloth or paper bag and hang upside down to dry. Separate the seeds from the stems and winnow in a light breeze. Store in air tight jar and add to chook food regularly. Does best in subtropical and tropical areas as requires frost-free growing conditions and warm soil to grow.
	Chicory	Chicory is a broadleaf, perennial forage herb providing highly nutritious feed to grazing animals and poultry. It has a thick, deep taproot capable of breaking up compacted soils and cycling nutrients from the subsoil. It is hardy, pest and disease resistant and drought tolerant.
	Comfrey	Comfrey is easily the best herb to grow for chooks. A Perennial plant rich in protein, potassium, and calcium. Beneficial to chickens for their general health and laying. Comfrey probably has the widest range of uses in a permaculture system of any plant.
	Dandelions	The entire <b>dandelion</b> plant is edible. Your <b>chickens</b> will enjoy eating the roots, as well as the fresh stems, flowers and leaves. Feed chopped <b>dandelion</b> greens to baby chicks and ducklings as well to provide them with all the nutritious vitamins and minerals.

	Fennel	Lacy pods of yellow flowers attract butterfly larvae and beneficial insects for chickens to eat. Their foliage and seeds are also good for general health
	Garden Greens	Perfect foraging tucker. Pak Choi, Chicory, Clover, Lucerne, Millet, Nasturtium, Plantain, Silverbeet, & Salad Mallow.
	Lavender-	Stops Lice in the coop. Cut up and put in the laying box to stop lice and mites. Make the eggs smell like pot pourri! is a natural insect repellent. Putting dried lavender in your chicken coop can have calming effects on the chickens as well as being a natural air freshener.
	Lemon Balm	Lemon Balm has a range of useful properties that benefit the hens. As a medicinal herb it is antiviral, so may protect against some poultry diseases. It is also antibacterial and highly aromatic, so try cutting a few short stems every day and adding it to your nest boxes. It is also believed to be rodent repellent. It attracts bees and butterflies.
	Lemon Grass	Lemon grass chopped and dried makes a great nesting material, the citronella in the plant repels mites and insects that annoy chickens when they sit still to lay
	Nasturtium	Stops Parasites when eaten. A natural way to keep your chickens healthy on the inside. A great general plant for chicken health. It has antiseptic and antibiotic properties. Its seeds can be used as a natural chicken de-wormer. It also has insect repellent qualities
	Oregano	Can boost chickens immune systems and helps fight off e.coli, coccidiosis, salmonella, and avian flu. Oregano is being studied as a natural antibiotic on large scale poultry farms.
	Rosemary	Aromatic scent repels insects.

	Sage	A panacea for all ailments. Perfect for nibbling on by your girls to keep them healthy. A good herb for chickens' general health. Acts as an antioxidant and can help prevent salmonella.
	Sweet Potato	Vines are useful groundcovers in frost-free areas for under fruit trees and are relished by the chooks.
	Thyme	Aids in respiratory health and has antibacterial/antibiotic properties
	Warrigal greens (New Zealand Spinach)	This is a highly nutritious tonic food, rich in protein and B12. A very useful year-round groundcover for temperate areas; it is only vigorous in winter and spring in the subtropics. The juicy leaves are appreciated by poultry and it self-sows readily.
	Wheat grass	Chickens benefit from the rich nutrients of the grass, but it is also great to allow it to go to seed to provide good carbs for hot or cold weather. Keep the girls strong with some muscle food.
	Wormwood	Stops Worms Planted around the coop area helps irradiate internal and external parasites. Helps control external parasites and is a natural insect repellent.
	Yarrow	Terrific for digestion and has great antiseptic properties. Healthy ladies, here we come!

