

November 2016

EDIBLE PLANTS



Developed by reptile enthusiasts
for reptile enthusiasts

PROREP 

www.pro-rep.co.uk

CALLISIA REPENS

(Organic)

INFORMATION

Callisia repens, also known as the creeping inch plant or the turtle vine is a variety from the *Commelinaceae* family, which is related to the genus *Tradescantia*. Unlike Spiderworts, the flowers of the Creeping Inch Plant are very inconspicuous. Their ornamental value refers to the leaves.

This plant is native to Central and South America, where it grows as a ground cover plant. It thrives in moist shaded conditions, making it ideal as a planted terrarium plant.

FEEDING INSTRUCTIONS

The whole plant can be planted or placed in the terrarium, or the plant can be grown on the windowsill or greenhouse, and stems of the plant can be cut and portions fed in a food dish to supplement the diet.

The plant is often loved so much by some species who will strip the whole plant bare very quickly. If this is the case, it may be better to control the amount of plant given to avoid diarrhoea.

CARE INSTRUCTIONS

Keep *Callisia* indoors in a bright, sunny location. A south-facing window is best suited. Water the plant well: the root ball should never dry out completely! If the plant leaves become withered, this is a sign that it has dried out too much; place on a saucer of water to re-hydrate. However, avoid waterlogging.

In the summer, the plants can be placed outdoors. The plants will need a short acclimatisation period: do not put them in the full sun during the first few days, and keep them in a sheltered position.



SUITABLE FOR



All Reptiles, eg Tortoises, Bearded Dragons, Uromastyx, Turtles and other herbivorous reptiles



Rodents



Birds

BENEFITS



High water content



High Fibre



Provides a good source of Vitamin A



Good for digestive problems, due to high water and fibre content

CODE: PPL805 RRP: £4.99

DANDELION (Organic)

INFORMATION

Dandelion (*Taraxacum officinale*) is a flowering herbaceous perennial plant of the family *Asteraceae* (*Compositae*). It can be found growing in temperate regions of the world, in lawns, on roadsides, on disturbed banks and shores of water ways, and other areas with moist soils.

FEEDING INSTRUCTIONS

The whole plant can be planted or placed in the terrarium, or the plant can be grown on the windowsill or greenhouse, and stems of the plant can be cut and portions fed in a food dish to supplement the diet.

The plant is often loved so much by some species who will strip the whole plant bare very quickly. If this is the case, it may be better to control the amount of plant given to avoid diarrhoea.

CARE INSTRUCTIONS

Keep Dandelions indoors in a bright, sunny location. A south-facing window is best suited. Water the plant moderately: the root ball should never dry out completely. If the plant leaves become wilted, this is a sign that it has dried out too much; place on a saucer of water to re-hydrate. However, avoid waterlogging.

A temperature of 10 – 25 degrees centigrade is ideal for dandelions, cool conditions below 5 degrees should be avoided, and plants should be kept out of drafts and ideally at an ambient temperature.

In the summer, the plants can be placed outdoors. The plants will need a short acclimatisation period: do not put them in the full sun during the first few days, and keep them in a sheltered position.



SUITABLE FOR



All Reptiles, eg Tortoises, Bearded Dragons, Uromastyx, Turtles and other herbivorous reptiles



Rodents and other small animals



Birds

BENEFITS



High water content



High Fibre

**ABCD
EFK**

Provides a good source of many Vitamins

CODE: **PPL810** RRP: **£4.99**

RED SORREL 'Little Red Pixie' (Organic)

INFORMATION

Red Sorrel "Little red pixie" *Rumex sanguineus*.

Red sorrel is an attractive herbaceous perennial and one of about 200 species belonging to the genus *Rumex*, widespread throughout Europe and North America. It contains oxalic acid, which in large quantities is sometimes considered harmful.

Larger doses of oxalic acid make it difficult for iron to be absorbed in the intestines. This leads to a depletion of calcium, which can result in severe cases to damage to the heart or kidneys. Plants that contain oxalic acid belong to the normal daily supply of food for lots of wildlife and are therefore not harmful per se. It often depends on how often and the quantity in which it is fed.



FEEDING INSTRUCTIONS

To avoid excessive quantities of oxalic acid being eaten, we recommend that the plant should be grown on the windowsill or in a greenhouse, and stems of the plant cut to provide small portions of food which can be fed in a food dish to supplement the diet once a day.

CARE INSTRUCTIONS

Keep Red Sorrel indoors in a bright, sunny location. A south-facing window is best suited. Water the plant moderately: the root ball should never dry out completely. If the plant leaves become wilted, this is a sign that it has dried out too much; place on a saucer of water to re-hydrate. However, avoid waterlogging.

In the summer, the plants can be placed outdoors. The plants will need a short acclimatisation period: do not put them in the full sun during the first few days. Temperatures between 18°C and 25°C are optimal; cool locations below 10°C should be avoided.

SUITABLE FOR



All Reptiles, eg Tortoises, Bearded Dragons, Uromastyx, Turtles and other herbivorous reptiles



Small rodents such as rabbits, guinea pigs, hamsters and mice



Birds of all kinds

BENEFITS



High water content



High Fibre

ABCD
EFK

Provides a good source of many Vitamins



Improves the supply of Iron

CODE: PPL815 RRP: £4.99

PLANTAIN MIX

(Organic)

INFORMATION

Plantain Mix (*Plantago species*) is a species of flowering plant in the plantain family. Plantain is a robust native meadow plant and a valuable food supplement for rodents, birds, turtles and reptiles.

The plant is native to most of Europe and northern and central Asia but has widely naturalised elsewhere in the world. , Plantains were once a common herbal remedy. Extracts have an anti-inflammatory effect in the gastrointestinal area and promote wound healing. Plantain is a highly nutritious plant, high in calcium and vitamins A, C, and K.



FEEDING INSTRUCTIONS

The whole plant can be planted or placed in the terrarium, or the plant can be grown on the windowsill or greenhouse, and stems of the plant can be cut and portions fed in a food dish to supplement the diet.

The plant is often loved so much by some species who will strip the whole plant bare very quickly. If this is the case, it may be better to control the amount of plant given to avoid diarrhoea.

CARE INSTRUCTIONS

Keep Plantains indoors in a bright, sunny location. A south-facing window is best suited.

Water the plant moderately: the root ball should never dry out completely. If the plant leaves become wilted, this is a sign that it has dried out too much; place on a saucer of water to re-hydrate. However, avoid waterlogging.

In the summer, the plants can be placed outdoors. The plants will need a short acclimatisation period: do not put them in the full sun during the first few days.

SUITABLE FOR



All Reptiles, eg Tortoises, Bearded Dragons, Uromastyx, Turtles and other herbivorous reptiles



Small rodents such as rabbits, guinea pigs, hamsters and mice



Birds of all kinds

BENEFITS



High water content



High fibre

ABCD
EFK

Provides a good source of many Vitamins

CODE: PPL825 RRP: £4.99

PRUNELLA (Organic)

INFORMATION

Prunella vulgaris (also known as Self heal) is a perennial herb found throughout Europe, Asia and North America, as well as most temperate climates. Its origin seems to be European, though it has been documented in other countries since before any history of travel. It is often found growing in moist areas, waste ground, grassland, woodland edges, and usually in basic and neutral soils.

FEEDING INSTRUCTIONS

The whole plant can be planted or placed in the terrarium, or the plant can be grown on the windowsill or greenhouse, and stems of the plant can be cut and portions fed in a food dish to supplement the diet.

The plant is often loved so much by some species who will strip the whole plant bare very quickly. If this is the case, it may be better to control the amount of plant given to avoid diarrhoea.

CARE INSTRUCTIONS

Keep Prunella indoors in a bright, sunny location. A south-facing window is best suited.

Water the plant moderately: the root ball should never dry out completely. If the plant leaves become wilted, this is a sign that it has dried out too much; place on a saucer of water to re-hydrate. However, avoid waterlogging.

In the summer, the plants can be placed outdoors. The plants will need a short acclimatisation period: do not put them in the full sun during the first few days.



SUITABLE FOR



All Reptiles, eg Tortoises, Bearded Dragons, Uromastyx, Turtles and other herbivorous reptiles



Small rodents such as rabbits, guinea pigs, hamsters and mice



Birds of all kinds

BENEFITS



High water content



High fibre

**ABCD
EFK**

Provides a good source of many Vitamins

CODE: **PPL830** RRP: **£4.99**

LEMON BALM

(Organic)

INFORMATION

Lemon Balm (*Melissa officinalis*) is also known as balm, common balm or balm mint. It is a perennial herbaceous plant in the mint family Lamiaceae and native to south-central Europe, Iran, and Central Asia, but now naturalized in the Americas and elsewhere. The leaves have a mild lemon scent similar to mint. During summer, small white flowers full of nectar appear.

FEEDING INSTRUCTIONS

The whole plant can be planted or placed in the terrarium, or the plant can be grown on the windowsill or greenhouse, and stems of the plant can be cut and portions fed in a food dish to supplement the diet.

The plant is often loved so much by some species who will strip the whole plant bare very quickly. If this is the case, it may be better to control the amount of plant given to avoid diarrhoea.

CARE INSTRUCTIONS

Keep Lemon Balm indoors in a bright, sunny location. A south-facing window is best suited.

Water the plant moderately: the root ball should never dry out completely. If the plant leaves become wilted, this is a sign that it has dried out too much; place on a saucer of water to re-hydrate. However, avoid waterlogging.

In the summer, the plants can be placed outdoors. The plants will need a short acclimatisation period: do not put them in the full sun during the first few days.



SUITABLE FOR



All Reptiles, eg Tortoises, Bearded Dragons, Uromastyx, Turtles and other herbivorous reptiles



Small rodents such as rabbits, guinea pigs, hamsters and mice



Birds of all kinds

BENEFITS



High water content



High fibre

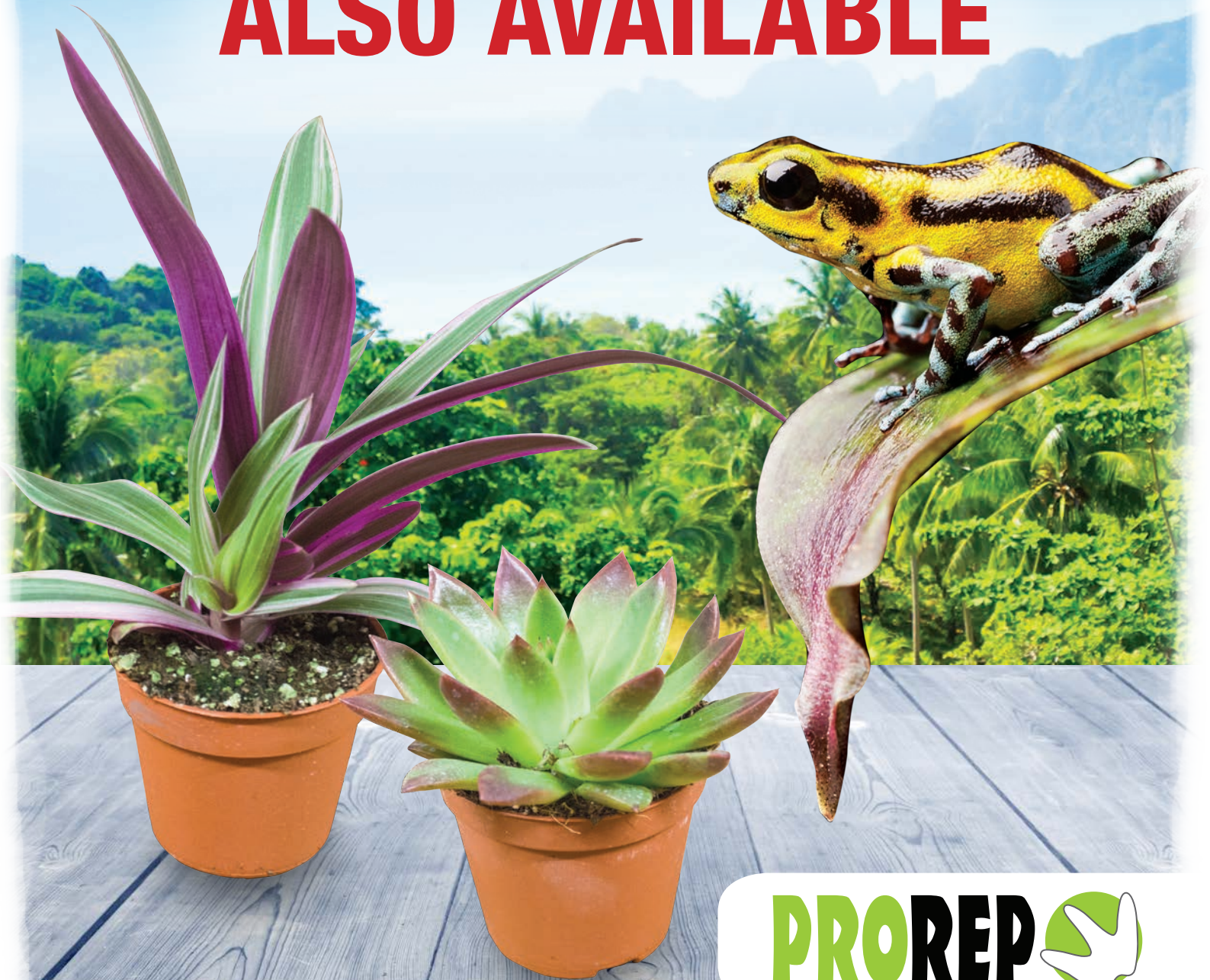
ABCD
EFK

Provides a good source of many Vitamins

CODE: **PPL835** RRP: **£4.99**

Live
**TERRARIUM
PLANTS**

ALSO AVAILABLE



PROREP 