



Animal Medical Center of Corona

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Dr. Bart's Veggie Mix For Tortoises As Well As Any Lizards That Eat Veggies (omnivore or vegetarian)

Grind up the following in food processor:

Carrots (regular or juice carrots)
Broccoli
Kale
Zucchini or other squash – seasonal
Pumpkin – Saved in freezer, pre-cut and/or ground up

Blend into very small pieced. Place into mixing bowl and stir in water soaked Mazuri Tortoise Chow – Our family has named this “Mush”. Leftover can be kept in covered bowl in the refrigerator.

For Adult Tortoises – Greens - Prepare tray(s) with the following items hand shredded:

Romaine lettuce
Red Leaf lettuce
Green Leaf lettuce
Spinach

Cover this with the above mix.

For Babies and Juvenile Tortoises and Lizards:

Blend/grind up equal amounts of the above greens, mix 50/50 with the “Mush”, store in zip lock bag. This mix is good for 2-3 days when kept in refrigerator