



## EDIBLE AND NON EDIBLE FLOWERS FOR TORTOISES

To ensure a balance, grow as many different varieties as you can.

### GARDEN PLANTS

Malva - (mallow) leaves & flowers  
 Lavertera - (mallow) - flowers & leaves  
 Nasturtium - leaves & flowers  
 Hibiscus - Flowers especially, also leaves  
 Gazania - flowers & leaves  
 Aubretia - leaves & flowers  
 Wallflowers - (erysimum annual & biennial varieties) leaves & flowers  
 Sedum spectabilis - leaves (other pink flowered alpines sedums are also consumed)  
 Kalanchoe - leaves especially  
 Pansies - leaves and flowers  
 Hosta - leaves  
 Hemerocallis - (day lily) flowers  
 Anagallis Linifolia - (annual) leaves & flowers  
 Sempervivum (house leeks) - leaves  
 Meconopsis Cambrica (Welsh Poppy) - leaves & occasional flowers  
 Mesembryantemums (annual) - flowers & leaves  
 Nemesia - leaves & occasionally flowers  
 Rose - petals only  
 Mimulus (annual) - especially flowers  
 Petunia - leaves & flowers  
 Perennial Geraniums (alpine & dwarf) especially flowers, leaves also eaten  
 Sweet Woodruff (galium odoratum)\*  
 Mysotis (forget-me-nots) - leaves consumed occasionally  
 Pelagonium - leaves & flowers  
 Begonia Semperflorens - flowers & leaves (suggest avoid all tuberous begonias however, as may be toxic)  
 Echolozia (californian poppy) - flowers  
 Ameria (thrift) - flowers  
 Antirrhinum - leaves & flowers  
 Osteospermum - flowers & leaves eaten occasionally  
 Hebe - round or dark leaved varieties may be nibbled\*  
 Fushia - leaves & flowers eaten occasionally  
 Corepsis - flowers  
 Tagetes - Flowers  
 Mimulus Aurantica - flowers  
 Cornflower - leaves nibbled with young plants  
 Opunia Cactus - spineless or semi spineless varieties  
 Agave

\* Dwarf or small hebes are ideal for tortoise garden planting providing both dappled shade and the occasional nibble. Sweet woodruff is more useful as a low growing evergreen shelter plant, but is occasionally eaten. In general, tortoises do not like herbs and actively avoid those with very strongly scented leaves.

## Poisonous Plants

Keepers can be very worried about tortoises eating poisonous plants. In reality, the risk is small as tortoises will naturally avoid them.

Occasional cases of poisoning, even death, have been recorded through accidental ingestion of some garden plants, and it is therefore best to exclude these from tortoise habitats, or at the very least ensure they are not grown in close proximity with edible plants and weeds.

As a guide, common plants to be avoided include: Daffodil, Narcissus, Hellebores, Hypericum (often called Rose of Sharon, not to be confused with the Hibiscus variety Rose of Sharon which is quite edible), Hydrangea, Convallaria (Lily of the Valley), Euphorbias, Digitalis (Foxglove), Nicotiana (tobacco plant), Rhododendrons & Azaleas, Ragwort (senecio), Crocus, Dicentra (bleeding heart), Lupin (Lupinus), Vinca (Periwinkle), Peony (peonia), Rhubarb, Mistletoe, Aconite & Lobelia. In general plants which grow from bulbs, tubers & corms should be excluded as many although not all, are potentially toxic. Conifers which produce needles or pine cones should also be avoided.

However, if you see your tort nibbling a few leaves of, for example, sweet peas or impatiens (busy lizzies), don't panic. Many plants which are often listed as toxic are, it would appear, safe when taken in small amounts as part of a varied diet.

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