

# The List of Edible Plants for Sulcata

By  
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This is our partial list of edible plants for a Sulcata.

Healthy fresh tortoise foods are in abundance everywhere - you just need to know what to look for. This list is intended to serve as a guide to identifying natural foods, as easy and painlessly as possible. Remember to use only plants and grasses from chemical free sources.

## GRASSES

Grasses -- either fresh or as grass hay -- should make up at least 75 percent of your sulcata tortoise's diet. You should try to supply as many different grasses or grass hays as you can from the following list

### NaturesSeeds:

This is the best seed mix that we have found.

<http://www.naturesfinestseed.com/.../to.../tortoise-forage-blend>

### Tortoise Supply:

This is the grasses seed mix that we like the most for hatchlings and young Sulcata.

This grass mix grows to a short height. After it is clipped it grows very very slow.

<http://www.tortoisesupply.com/AfricanGrazerMix>

Pasture mixes or other seeds from <http://www.groworganic.com/seeds.html>

### Sulcata Food:

It grows extremely fast.

The picture is 9 days of growth.

In our hands when this mix is grown in a pot it doesn't regrow very well after it is clipped.

<http://www.sulcatafood.com/Seeds.html>

### Carolina Pet Supply:

The Grazing Tortoise Seed Mix.

This is good for hatchlings, yearlings and adults. <http://www.carolinapetsupply.com/catalog/index.php...>

### Prairie 3 Plus:

<http://www.stockseed.com/.../prairie-3-plus-prairiegrass-mixt...>

### Arizona Tortoise Compound

<http://www.arizonatortoisecompound.com/Tortoise-Seed-Mixes/>

\*Buffalo Grass (Buchloe dactyloides)

\*Bermuda Grass (Cynodon Dactylon - actually originated in Africa!)

\*Orchardgrass (Dactylis glomerata)

#Big Bluestem (Andropogon gerardii)

#Little Bluestem (Andropogon scoparius)

+Western wheatgrass (Agropyron smithii)

#Blue Grama (Bouteloua gracilis)

Arizona Fescue (Festuca arizonica)

Lawn Fescue (Festuca arundinacea)

%Sheep Fescue (Festuca ovina)

\*Creeping Red Fescue

\*= [GrowOrganic.com](http://GrowOrganic.com)

#= [outsidepride.com](http://outsidepride.com)

+ = Amazon  
% = [stockseed.com](http://stockseed.com)

#### EDIBLE WEEDS, LEAVES, AND FLOWERS

# [Dandelion](#)

Prickly Pear Cactus pads (*Opuntia* species)

? [Broadleaf Plantain](#)

@ [Globe Mallow](#) (*Sphaeralcea grossulariaefolia*)

% [Henbit](#) (*Lamium amplexicaule*)

[Hollyhock](#) (*Alcea rosea*)

Roses (*Rosa* species) - flowers only

[Sowthistle](#)

[Chickweed](#)

[Hibiscus](#) (*Hibiscus* species)

[Geranium](#) (*Pelargonium* species)

[Mulberry](#) (*Morus* species) - leaves only

[Grape](#) (*Vitis* species) - leaves only

# = [seedrack.com/03.html](http://seedrack.com/03.html)

? = [horizonherbs.com](http://horizonherbs.com)

@ = eBay

% = [hardyplants.com/seeds/LAAM-A.html](http://hardyplants.com/seeds/LAAM-A.html)

#### Key

~~ Native food source for Sulcata tortoises

L = Leaf

F = Flower

R = Root

#### SUCCULENTS:

[Abutilon](#)

[Aeonium](#)

[Agave](#) - Spp. - Leaves; Flowers - (all)

[Albuca](#)

~~ [Aloe Vera](#) - Leaves; Flowers - (all)

[Amarican Aloe](#) Spp.

[Begonias](#)

[Echeveria](#) Spp.

[Haworthia reinwardtii](#) (very slow growing)

[Hens & chickens](#) *Sempervivum tectorum*

[Hens & chicks](#) *E. cheveria* Spp.

[Ice plants](#) (*Mesembryanthemaceae* family)

~~ [Kalanchoe](#) Spp.

[Live-forever](#) - *Orphine* (*Sedum purpureum*)

[Mimulus](#) F *Aurantica*

~~ [Opuntias](#) Spp.

~~ [Portulaca](#)

[Sedum](#) Spp.

[Spiderwort](#) - *Tradescantia pinetorum, occidentalis*

[Tradescantia crassula](#) Link & Otto

[Yucca](#) (*Yucca* species)

[Tradescantia](#) (*wandering jew*)

[Desert Rose](#) (*Adenium obesum*)

#### TREES AND BUSHES:

Banana leaves- Leaves  
aurea (golden bamboo or fishpole bamboo)  
Fig Tree leaves-Leaves; Moraceae  
Forsythia - Oleaceae  
Guava Tree - Leaves - Psidium guajava  
Heather - Ericaceae  
~~ Hibiscus - rosa-sinensis Leaves; Flowers-  
Hibiscus syriacus  
Maple - Acer saccharum  
Mimosa - Desmanthus illinoensis  
~~ Mulberry Tree-(all) L  
~~Muhly - Sporobolus asperifolius  
Black variety "Morus nigra"  
White variety "Morus alba"  
Paper mulberry - Moraceae - L  
Sage  
Sea Grape  
Tea Tree- Lepta Spermum Scoparium L/F  
Tumbleweed - Salsola kali aka Russian Thistle  
Hibiscus syriacus or Shrub Althea (Rose of Sharon)  
Loquat bush - Eriobotrya japonica  
Willow - Salicaceae family - Ssp.

#### CULTIVATED PLANTS:

Arctotis (African daisy)  
Alyssum Sweet- Lobularia maritima L/F  
Aster- Aster sp.  
Baby's Tears - Soleirolia soleirolii - Helxine soleirolii  
Begonia - semperflorens - L/F  
Birds Nests Fern - Asplenium nidus  
Bottle Brush - Callistemon  
Bridal Veil - Tripogandra multiflora  
Bromeliads - Bromeliaceae spp  
Carnation - Dianthus caryophyllus  
German Chamomile (Matricaria chamomilla) - flowers  
Chamomile (Chamaemelum nobile) - flowers More information  
~~Chinese Lantern, Abutilon hybridum- flowers  
~~Coleus- Coleus  
Coreopsis- Leaves; Flowers- Giganta/ tinctoria/atkinsoniana / calliopsidea  
Cornflower (Bachelor's Buttons)- Plagiobothrys ssp. - leaves, flowers  
Corn Plant - Dracaena fragrans  
Dahlia - pinnata / rosea  
~~ Day Lillies- Hemerocallis L/F/ - Not Easter or Tiger  
Daisy- English Bellis perennis - flowers  
Dichondra - repens- Leaves; Flowers  
Forsythia - Forsythia suspensa  
Fuschia - Fuschia- flowers only  
~~ Gazania-Leaves; Flowers- Spp  
~~ Geranium-(Pelargonium species) Leaves; Flowers -  
(wild and domestic)  
Grape Vine- Leaves; vitaceae & berberidaceae  
Heather- (Ericaceae sp) L/F  
~~Hibiscus (leaves & Flowers)  
Hollyhock- Alcea rosea- Blossoms  
Hosta - Leaves; Flowers-

Ice plant - *Sedum spectabilis*  
 Impatiens - *glandulifera* - Leaves; Oil; flower; Seed  
 Jasmine - *Jasminum officinale*: *J. grandiflora*  
 Johnny-Jump-Up - *Viola tricolor*  
 Kalanchoe Ssp.  
 Kale (*Brassica oleracea*)  
 Lavender-*Lavandula angustifolia* - *labiatae*- L/F  
 Lilac - *Syringa vulgaris*  
 Lillies-Whole plant-*hemerocallis* (Easter & Tiger Lilies are poisonous)  
 Mallow- Common *Malva sylvestris*  
 Marigold-Leaves; Flowers- (Domestic and wild)  
 Mimulus - *aurantica* - flowers  
 Monkey Plant - *Ruellia makoyana* - L/F  
 Moon Flower- *Ipomoea alba*, *Ipomoea leptophylla*- L/R  
 Mother of Pearl - *Graptopetalum paraguayen*  
 Nasturtiums -*officinale Tropaeolum majus*  
 Opuntia Cacti  
 Pansy - Pansy *Viola X* - L/F  
 ~~Petunias  
 Phlox- *Phlox paniculata*  
 Pineapple Guava (*Feijoa sellowiana*)  
 Portacula (moss rose)-Leaves; Flowers- *Grandiflora*  
 Portulacaria *afra*  
 Pothos - *Epipremnum Pothos aureus* -*Epipremnum aureum*  
 Primrose - *Primula vulgaris*  
 Californian Poppy - *escholzia*  
 Poppy Welsh- *Meconopsis cambrica*  
 Purslane- *Portulaca oleracea*  
 Sedum  
 Sempervivum- Leaves; Flowers  
 Spider Plant - *Chlorophytum comosum* - L/ F  
 Strawberries (all) Wild and domestic  
 Sweedish Ivy - *Plectranthus australis* - L/F  
 Umbrella Plant - *Darmera peltata* / *Petasites hybridus*  
 ~~ Violets (not African - English)  
 Whispering Bells (*Emmenanthe penduliflora*)  
 Wisteria spp. (*wisteria*) flowers  
 Yucca - Leaves; Flowers- (all)  
 Zinnia- sp. Leaves; Flowers  
 Lavender-Leaves; Flowers- *labiatae*

#### COMMON WEEDS:

~~Alfalfa (*Medicago sativa*)  
 Bindweed - *Convolvulus & calystegia* spp  
 Birdsfoot Trefoil, *Lotus corniculatus*  
 Bittercress - *Cardamine hirsuta & flexuosa*  
 Black mustard- entire plant- *Brassica Nigra*  
 Buckwheat, *Polygonaceae Eriogonum fasciculatum*  
 Bugleweed-Leaves; Flowers- *Ajuga reptans*  
 Butterfly Bush - *Buddleja* ssp.  
 Cat's-ears - *Hypochoeris & hypochoeris* spp  
 ~~Chickweed - *Cerastium vulgatum* / *Cerastium arvense*  
 Common greenbrier, Catbrier-- *Silax roundfolia* and ssp  
 ~~*Cotyledon orbiculata* - F/L/R - *Crassulaceae*  
 Chicory- - Flowers; Leaves; Root. - *Cichorium*

Clover - *Trifolium repens* *Trifolium pratense*  
 Coneflower (purple), *Echinacea* sp. (*Rudbeckia*)  
 ~~ Cotyledon - *umbilicus-veneris* - AKA Pennywort  
 Creeping Bell-flower *Campanula rapunculoides*  
 Navelwort, *Cotyle*  
 Daisy- Leaves; Flowers- *Bellis perennis*  
 Dandelion - *Taraxacum officinale* - Flowers; Leaves; Root  
 Dandelion- other; Leaves; Root. - *Agoseris - aurantiaca*  
 \*Dayflower-Leaves; Flowers- *Commelina diffusa*  
 ~~ *Dichondra repens* (wonderlawn)  
 Dock- Flowers; Leaves; Root - *Rumex*  
*Echinacea*-Leaves; Flowers- *Angustifolia*  
 ~~ Endives  
 Evening Primrose-Leaves; Flowers- *Oenothera biennis*  
 Cut-leaved evening primrose, *Oenothera laciniata*  
 Field mustard- entire plant- *Brassica rapa*  
 Filaree -*Erodium cicutarium*  
 California Filago - *Filago californica*  
 Hawkbits - *Leontodon* spp  
 Hawk's Beards - *Crepis-biennis*-&-*capillaris*  
 Henbit - leaves and flowers *Lamium amplexicaule*  
 Honeysuckle- L/F - *Lonicera interrupta* / *Lonicera japonica*  
 Honesty - Condiment; Root; Seed - *Lunaria annua*  
 Knotweed - *Polygonum* spp.  
 Kudzu-L/F Root. - *Puerar lobata*  
 Mallow -L/F Root *Malva rotundifolia* /*sylvestris*/ *neglecta*/ *moschata*  
 Marigold-Leaves, Flowers- *calendula*  
 \*Miners Lettuce-Leaves- *M. perfoliata*  
 Mustard - *Brassica* species *Sisymbrium officinale*  
 Nettle- Stinging (*Urtica dioica*)  
 ~~ Nipplewort - *Lapsana communis*  
 Opuntia Cacti -(all) L/F/FR- *Opuntia* - remove spines!  
 Persimmon - *Diospyros texanum* , *Diospyros virginiana*  
 Pink Perslane-Leaves; Flowers- *Montia sibirica*  
 Pigweed - *Amaranthus*  
 Prickly Lettuce- entire plant- *Lactuca serriola*  
 Primrose - *Primula vulgaris*  
 ~~ ~~ Plantains - *Plantago major*, *media* & *lanceolata*  
 Purple deadnettle/ red deadnettle - *Lamium purpureum*  
 Poverty weed- Entire plant - *Monolepis nuttallia* / *Iva axillaris*  
 Purslane  
 Raspberry / Blackberry- *rubusideus*  
 Red Maids - *Calandrinia ciliata*  
 Shepard's purse - *Capsella bursa-pastoris* *Capsella bursa-pastoris*  
 Common Sorrel- *Rumex* & *Oxalis* spp  
 Salad Burnet - *Sanguisorba minor*  
 Sainfoin - *Onobrychis sativa*  
 St. Johns Wort-Leaves; Flowers - *Hypericum*  
 Stonecrops- *Sedum album*  
 Sow Thistle - *Sonchus oleraceus* & *arvensis*  
 ~~Milk Thistle (*Silybum marianum*)  
 Blessed Thistle (*Cnicus benedictus*)  
 Mallows - *Abutilon Malva sylvestris*, *neglecta* & *moschata*  
 Common mallow -*Malva neglecta* - L/F  
 Quick Weed - *Galinsoga*  
 Bush vetch - *Vicia sepium*

Common vetch-*Vicia sativa*  
Tufted vetch - *Vicia cracca*  
Violet (ssp) - L/F (not African ) *Viola* spp  
~~Watercress- L/F- *Cruiferae*  
Wild Carrot- Condiment; Leaves; Root. - *Daucus carota*  
Wild Strawberry - *Fragaria Vesca*  
Wintercress- Entire plant- *Barbarea vulgaris*  
~~Yarrow-L/ Fl *Achillea millefolium*

## GRASSES

~~ Barnyardgrass - *Echinochloa crus-galli*  
Bentgrasses *Agrostis* spp.  
~~Bermuda - *Cynodon dactylon*  
Bluegrass, annual - *Poa annua*  
~~Blue grama - *Bouteloua gracilis*  
Big Bluestem - *andropogon gerardi*  
~~Brome  
~~ Buffalo grass (*Stenotaphrum secundatum*)  
~~ Buffelgrass, *Cenchrus ciliaris* L.  
Canarygrass, littleseed *Phalaris minor*  
Chufa, or Yellow Nut Grass *Cyperus esculentus*  
~~ Couchgrass - *Agropyron repens*  
~~ Crabgrass- *Digitaria sanguinalis*  
Fescue, Tall - *Festuca arundinacea*  
Fescue, Blue - *festuca glauca*  
Goosegrass- *Eleusine indica*  
Indian Ricegrass (*Oryzopsis hymenoides*)  
~~ Kikuyugrass - *Pennisetum clandestinum*  
~~Kleingrass, *Panicum coloratum* L.  
~~ Napiergrass, *Pennisetum purpureum*  
Oatgrass -  
Orchard- *Dactylis glomerata*  
Pampasgrass - *Cortaderia selloana*  
~~Pearl Millet - *Pennisetum glaucum*  
~~ Pangolagrass, *Digitaria decumbens*  
Peppergrass - *Lepidium* spp.  
Quackgrass- *Agropyron repens*  
Rye  
Sesame grass - *Tripsacum dactyloides*  
St. Augustine  
Sweet vernal grass - *Anthoxanthum odoratum*  
Timothy- *Phleum pratense*  
Trefoil  
Vetch  
Wild oats - *Avena fatua*  
Witchgrass- *Panicum capillare* L.  
~~ Weeping lovegrass, *Eragrostis curvula*

## FERNS:

Asperagus Fern - *Asperagus setaceus plumosus*  
Boston Fern - *Nephrolepis exalta*  
Ostrich Fern- *Matteuccia struthiopteris* L/F  
(NOT bracken ferns, (*Pteridium aquilinum*)  
Staghorn Fern - *Platycterium bifurcatum* - L/ F

Tree Fern - *Dicksonia antarctica*  
Cinnamon fern - *Osumunda cinnamomea*

VINES:

Grape vines - Concord *Vitis* spp.  
Russian vines  
~~*Tradescantia* (wandering jew) - *Tradescantia albiflora* - L/F  
Honeysuckle- L/F - *Lonicera interrupta* / *Lonicera japonica*/ *Lonicera periclymenum* & *caprifolium*  
Creeping Charlie- *Pilea nummulariifolia*  
Climbing Nasturtium  
Creeping jenny -*Lysimachia nummlaria*  
Ground ivy - *Glechoma hederacea*  
Sweedish Ivy - *Plectranthus australis* - L/F  
Wild muscadine - *Vitis rotundifolia*  
Kudzu - *Puerrrraria lobata*