

# THE BULLETIN BIRD

SEPTEMBER 2025

HARRISON'S BIRD FOODS NEWSLETTER

## CORN

At Harrison's, every ingredient is chosen with intention—and whole organic corn is no exception. While many companies rely on corn by-products or cheap fillers, we use whole, certified organic corn because it provides valuable nutrition and functional benefits for your bird's health.

### • A Wholesome Source of Energy

Whole organic corn delivers complex carbohydrates that supply birds with steady, digestible energy. This helps maintain healthy activity levels, feather quality, and overall vitality—without the sugar spikes that come from processed grains.



### • Naturally Rich in Nutrients

Unlike refined cornmeals, whole organic corn retains its fiber, vitamins, and minerals. It contributes B-vitamins for metabolism, antioxidants like carotenoids for immune support and vibrant plumage, and essential fiber that promotes proper digestion and crop function.

### • Gentle on the Digestive System

Birds evolved to eat seeds and grains in their natural, unprocessed forms. The structure of whole corn supports normal grinding in the gizzard, helping maintain digestive health while ensuring nutrients are absorbed efficiently.

### • Certified Organic & Non-GMO

We never compromise on quality. Our corn is certified organic, non-GMO, and free from chemical pesticides, herbicides, or synthetic fertilizers. This guarantees that what your bird eats is as close to nature as possible—pure, safe, and responsibly grown.

### • More Than a Filler

Corn is sometimes misunderstood as just a "filler" ingredient, but at Harrison's, it is never used this way. Instead, corn plays an important role in balancing energy, supporting digestion, and delivering natural nutrients as part of a complete, whole-food diet.

## A BRIEF FOCUS



**Hydroponic Crops:** For blueberries, tomatoes, peppers, cucumbers and greens, enormous plastic-intensive hydroponic farms have taken over the organic marketplace in the US -- leaving people who care about quality food (including chefs, nutritionists, bird owners and eaters of all kinds) with less and less to choose from. The American public has no easy way to distinguish between these hydroponic "organic" products and real organic ones because the USDA allows them to be labeled exactly the same way: "Certified USDA Organic."



<https://www.npr.org/sections/thesalt/2017/11/02/561462293/ hydroponic-veggies-are-taking-over-organic-and-a-move-to-ban-them-fails>

## An Interesting Tidbit

### Why Pellet Size Matters in Formulated Avian Diets

Pellet or nugget size in formulated diets is not arbitrary; it directly affects feeding behavior, nutrient utilization, and digestive physiology in birds. Choosing the correct particle size supports both health and long-term acceptance of balanced diets. *Noted contributing factors:*

- Avian species exhibit significant variation in beak morphology and strength.
- Appropriately sized pellets stimulate natural prehension and chewing behaviors, which can improve overall feed acceptance.
- Particle size influences retention time and processing in the crop, proventriculus, and ventriculus (gizzard).
- Coarser particles promote gizzard activity, improving grinding efficiency, reverse peristalsis, and nutrient absorption.
- Excessively fine particles may reduce gizzard stimulation, accelerate passage rate, and impair amino acid or micronutrient availability.
- Controlled studies in poultry and parrots demonstrate that structural coarseness can improve gut motility and nutrient digestibility.
- Aged or compromised birds may require reduced particle size for weakened beak strength, oral pathologies, or reduced dexterity.
- Species variability: granivores (budgerigars, cockatiels) often prefer smaller sizes, while frugivores and psittacines (Amazons, macaws) adapt more readily to larger pieces.
- Appropriately sized diets reduce wastage from crumbling or selective feeding.
- Each pellet contains the complete nutrient profile, so ensuring proper intake depends on birds consuming pellets consistently, not discarding them.
- Pellet size affects not only nutrition but also behavioral enrichment. Larger pellets/nuggets encourage gnawing, shredding, and oral exploration, reducing stereotypies and feather-destructive behavior. Matching pellet size to species-specific behaviors supports both psychological and physiological well-being.



## YOU MAY NOT KNOW

### ...where to place cages in the digital age.

Cellular radiation is devastating pollinators as well as pet birds that are held within toxic levels of wireless radiation emitted by routers, computers, tablets, cell phones, apple watches, hearing aids, etc.

At the very least routers and wireless emitting devices should be kept as far from their cages as possible, and the cages should not be close to smart meters or electric panels (breakers).

Birds have shown feather plucking and compulsive behavior when exposed. Children can get ADHD, mood and learning disorders, and much more from wireless exposure. It can cause DNA breakage, cancer and infertility. have developed in animals and people from exposure to wireless radiation.

<https://ehtrust.org/5g-and-small-cell-environmental-effects-birds-bees-trees-and-climate/>  
Dr. Nancy Van Dover

