

Warm *Mash*

Recipe Cards

Cozy nutrition for cold-weather chicken care



Energy Mash

Perfect for: Sub-zero mornings and snow days.

Why it's great: Provides a high-energy boost to help hens stay warm and active when the temperature drops.

Ingredients

- 2 cups layer feed or commercial ration
- ½ cup whole grains (cracked corn, oats, or barley)
- 2 tablespoons sunflower seeds or chicken scratch
- 1 teaspoon olive oil or melted suet cake
- ½ cup chopped kitchen scraps (like spinach, cabbage, or carrots)
- Hot water (just below boiling) to reach porridge consistency

Directions

- Mix dry ingredients in a bowl.
- Pour in hot water and stir until moist and warm but not soupy.
- Serve immediately while steaming.

- **Tip**: Serve in the morning for the best warming effect.

Egg Production Boost Mash

Perfect for: Laying hens during cold or low-light months.

Why it's great: Supports steady egg production and strong shells with added calcium and protein.

Ingredients

- 2 cups of layer feed
- 2 tablespoons crushed eggshells or shell grit
- 1 tablespoon sunflower seeds or mealworms
- 1 teaspoon fish meal or olive oil
- Warm water until creamy
- Optional: a sprinkle of wheat bran or chopped greens

Directions

- Mix dry ingredients.
- Add warm water until thick and smooth.
- Serve while warm, alongside fresh water.

- **Tip**: Offer this mash 3–4 times a week for optimal shell strength.

Kitchen Scrap Mash

Perfect for: Everyday feeding or reducing food waste.

Why it's great: Uses leftover kitchen scraps and pantry items to nourish your backyard flock while saving money.

Ingredients

- 2 cups layer crumble or grower feed
- 1 cup finely chopped veggie scraps (greens, peas, carrots, etc.)
- ¼ cup scratch grains or whole wheat
- ½ teaspoon olive oil or melted butter
- Warm water to moisten

Directions

- Combine all dry ingredients.
- Stir in warm water and mix thoroughly.
- Let sit for 1–2 minutes before serving.

- **Tip**: Avoid anything moldy or salty.

Protein Recovery Mash

Perfect for: Hens that are molting or under stress.

Why it's great: High protein content helps feather regrowth and boosts energy after molting.

Ingredients

- 2 cups layer feed or grower crumble
- 2 tablespoons mealworms or fish meal
- 1 tablespoon sunflower seeds
- ½ cup cooked oats or warm oatmeal
- Warm water or enough milk for consistency (optional for extra protein)

Directions

- Mix feed, oats, and protein sources.
- Add warm liquid and stir well.
- Serve fresh and slightly warm.

- **Tip**: Feed in small amounts once or twice a week to prevent excess protein.

Starter Mash for Young Chicks

Perfect for: Young chicks in the first few weeks of their life.

Why it's great: Soft and nutrient-dense to support developing digestive systems and healthy growth.

Ingredients

- 2 cups chick starter feed (non-medicated or medicated as needed)
- ¼ cup warm water or hot water (cooled slightly)
- 1 teaspoon finely chopped greens (optional)
- ½ teaspoon fish meal or marine proteins for essential amino acids

Directions

- Combine chick starter with warm water until soft and crumbly.
- Add optional greens or protein.
- Serve immediately and refresh often to prevent spoilage.

- **Tip**: Ensure chicks always have fresh water nearby after eating mash.