

**Chicken Feed Recipe**

* 3 parts soft white wheat
* 3 parts red winter wheat
* 2 parts dried corn (3 to 4 parts in the winter)
* 1 part sunflower seeds (2 parts in winter)
* 1 part sesame seeds
* 1 part hulled barley
* 1 part split peas
* 1 part lentils
* 1 part quinoa
* 1 part millet
* 1 part kamut or ancient grains
* 1 part oat groats
* 1 part amaranth seeds
* 1 part aragonite (calcium)
* 1/2 part flax seeds
* 1/2 part seaweed flakes

Read our [Complete Guide to Chicken Feed](http://blog.parisfarmersunion.com/2016/01/a-complete-guide-to-chicken-feed.html)  
Shop our [selection of affordable poultry supplies](http://www.parisfarmersunion.com/poultry-supplies-s/3318.htm)

[www.parisfarmersunion.com](http://www.parisfarmersunion.com)  
[blog.parisfarmersunion.com](http://blog.parisfarmersunion.com/)