

**Pullet Feed Recipe**

* 3 parts soft white wheat
* 3 parts hard red winter wheat
* 3 parts shelled corn (4 parts in winter)
* 2 parts sunflower seeds (3 parts in winter)
* 2 parts roasted soybeans
* 2 parts oat groats
* 1 part hulled barley
* 1 part wheat bran
* 1 part split peas
* 1 part lentils
* 1 part quinoa
* 1 part sesame seeds
* 1 part aragonite (calcium)
* 1/2 part kelp and oregano (fresh)
* 1/2 part bird seed
* 1/2 part fish meal, 60%

Read our [Complete Guide to Chicken Feed](http://blog.parisfarmersunion.com/2016/01/a-complete-guide-to-chicken-feed.html)
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