

# Boost Your Sustainability with Chickens from Eco Chooks

Green Point business Eco Chooks is on a mission to have chickens in all Central Coast back yards, and will be showing what is involved in keeping chickens at Bushlands Garden & Aquarium Centre this weekend.

Chickens make great pets, are fantastic recyclers and give back to you in the form of eggs and fertiliser. They are sustainability in all its glory. Think of this scenario: wake up on a sunny weekend morning, collect fresh free-range eggs from your back yard coop and then cook them just the way you like for breakfast. Eco Chooks owners Branden Moon and Melissa Cooper will be on hand at Bushlands on Saturday and Sunday (November 14-15) to explain the finer points of keeping chickens and share stories about their own hens. "Chickens offer endless benefits for the environment and your family. They are curious, love interaction with people and will happily devour your kitchen scraps," Melissa explained. "Their manure when mixed with hay or garden mulch is perfect compost for the garden too. They really do provide the complete sustainability circle. The humble egg is a nutritional powerhouse, full of all the essential vitamins and minerals your body needs. One egg contains vitamins A, B2, B3, B5, B9 (folic acid), D, Iron, Phosphorus, Selenium, Zinc, Choline, Biotin and Protein," she said. Eco Chooks supplies chickens, portable coops, feed, hay and food and water containers in its packages. They are available in two different sizes to suit every family, whether they own or rent. Isa Brown and Hyline Brown pullets are supplied by Eco Chooks, however Silkies and Bantams can also be supplied upon request but are subject to availability. Chickens start laying between 17 and 24 weeks of age. The Eco Chook Complete Packages start from \$595, and chickens, coops and feed can all be purchased separately if needed. Come along to Bushlands Garden & Aquarium Centre this weekend at 445 The Entrance Rd, Erina Heights, to meet Melissa, Branden and their chickens. Customers who purchase a coop from Bushlands this weekend will go into the draw to win a one-year supply of chicken feed valued at \$240, kindly supplied by PETstock at Erina [www.petstock.com.au](http://www.petstock.com.au). For more information call Melissa Cooper on (02) 4363 1828, 0404 016 969, email on [ecochooks@bigpond.com](mailto:ecochooks@bigpond.com) or visit [www.ecochooks.com.au](http://www.ecochooks.com.au)

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