

FREQUENTLY ASKED:

What is cat grass (*dactylis glomerata*) and how is it good for cats?

As guided by Amy

FOUNDER, NOOSA COUNTRY CAT HOTEL

What is Cat Grass (*Dactylis glomerata*)?

Cat grass is the young, tender shoots of *Dactylis glomerata*, commonly known as orchard grass or cocksfoot. It is a safe, non-toxic grass that is easy to grow indoors and outdoors and is specifically chosen for cats to chew and eat.

References

Kellogg, R. (2001). Veterinary Toxicology. Elsevier.

Supports Healthy Digestion

Chewing grass can help cats induce vomiting, which may help remove hair, fur and other indigestible material from the stomach. This is a natural behaviour and can aid in maintaining gastrointestinal comfort.

References

Bjornvad, C. R., et al. (2013). Journal of Feline Medicine and Surgery, 15(5), 381–388.

Helps Reduce Hairballs

Regular access to cat grass may help reduce the frequency and size of hairballs by helping move hair through the digestive tract. This can lead to less vomiting, retching and discomfort for your cat.

References

Sparkes, A. (2010). BSAVA Manual of Canine and Feline Gastroenterology. BSAVA Press.

Provides Natural Enrichment

Eating grass is a natural behaviour seen in wild felids. Offering cat grass provides environmental enrichment, supports natural instincts and can help reduce boredom and stress—especially for indoor cats.

References

Bradshaw, J. W. S. (2013). Cat Sense: The Feline Enigma Revealed. ABRAMS.

Source of Beneficial Nutrients

Cat grass contains small amounts of fibre, chlorophyll, folate and other nutrients that can support overall wellbeing. While not a replacement for a balanced diet, it can be a healthy addition to your cat's routine.

References

Pellett, P. L. (2010). Feline Nutrition: A Comparative View. Wiley-Blackwell.

Easy to Grow and Safe

Dactylis glomerata is non-toxic and safe for cats when grown without the use of pesticides or fertilisers. It grows quickly in soil or water and can be provided fresh year-round.

References

Kellogg, R. (2001). Veterinary Toxicology. Elsevier.



Cat grass (*Dactylis glomerata*) is a safe, natural and beneficial addition to your cat's environment. It supports healthy digestion, may help reduce hairballs, provides enrichment and contains small amounts of beneficial nutrients. Fresh, pesticide-free grass is easy to grow and gives cats a natural outlet for an instinctive behaviour that promotes their physical and mental wellbeing.

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