



SOAKED AND SPROUTED SEED

The method described below is most commonly used by Bird Breeders in their endeavour to improve the quality of food over and above the normal basic dry seed mix.

Birds, like humans, require greens to obtain a balanced nutritional diet. Providing birds with fresh vegetables greatly increases their overall food value.

The highest food value is obtained when the sprouts are around 5ml in length. Be careful not to allow the soaked seed or sprouts to become too long, as they become bitter to taste and their food value decreases.

What items will we require?

1. A container to soak the seed. The most common is an old ice-cream container.
2. A kitchen strainer. Size of strainer depends on the amount of seed to be sprouted. A strainer capable of holding double the amount of dried seed you soak is important, as the seed swells during the sprouting process. Try to use one with not too many fine holes, as the water does not pass freely through and the seed at the bottom continues to be soaked and you will end up with sour seed.



Soaked Seed Mix



Sprouted Seed Mix

How will I go about it?

Take the ice-cream container and place in it the required amount of seed. A half full 4 litre container will produce enough seed for around 50 pair depending on whether the birds are accustomed to it, and the amount of babies in the nest.

Cover the seed with water. Use warm water as this softens the harder seeds quicker. Allow the seed to soak for a minimum period of 5 hours and a maximum of 12 hours, no longer as this will lead into producing sour seed.

After soaking the seed for the required time, tip the seed into the strainer and rinse thoroughly with clean water until all signs of discoloured water are no longer visible. Don't short cut this rinse. Place the strainer suspended across the ice-cream container to allow the air to circulate through the seed. Continue to rinse the seed in the same manner every 12 hours until the desired length of the sprout has been obtained. Under no circumstances rinse the seed just prior to feeding the birds. The seed should be allowed to stand unrinsed for at least 12 hours before feeding. If you have followed this procedure correctly the seed should now have a nice nutty smell, and taste sweet.

What happens if my seed smells?

If your seed smells, you have not followed the above procedure correctly so, start again!

1. Soak seed for 12 hours – drain and wash
2. Leave stand in strainer for 12 hours – wash thoroughly
3. Leave stand for a maximum of 12 hours – feed to the birds

Warning

Under no circumstances feed sour seed to your birds. Discard any seed that looks wet and gluggy, and has a very strong odour. Also, if you believe that mould has occurred on your seed, rinse the seed in a solution of household bleach (approximately 1 tablespoon) as this will kill the mould without any harmful effects to your birds.

Sunflower seed seems to be the most likely seed affected by mould, mainly during the summer months. Just remember to keep all containers thoroughly clean at all times and do not over feed your birds.

Have fun.

Breeders Choice Seeds
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