



Parrot Sprouting Guide



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ARE SPROUTS GOOD FOR FEATHER PLUCKING BIRDS?


YES!

But, first, feeding birds is not always easy. Sure, you can open any bird-related page on social media and get tips, but are they scientifically sound? Probably not. Simply because understanding avian nutrition is fairly new. But, what we do know is that there is a huge range of diverse species of birds, each with slightly different nutritional requirements. And, those nutritional requirements change throughout the birds' lifetime.


What you can do, though, is feed a diverse range of fresh, whole foods, like sprouts, vegetables, herbs, grains, and more.

Sprouts have amazing health benefits for people and parrots, alike! In fact, they are considered nutritional powerhouses and they hold an important role in your parrots overall health. Read on to learn why you should be including sprouts in your pet's diet.

Sprouts are rich in antioxidants, vitamins, and minerals. However, sprouts have been linked to food poisoning and so some people are afraid to serve them to their birds.



When you know the correct way to produce them and store them though, you can safely sprout for your parrot.



WHAT FOODS ARE CONSIDERED SPROUTS?

First, let's talk about what sprouts are.

Sprouts are seeds that have germinated and that are in the process of becoming plants. When seeds are exposed to the right combination of temperature and moisture, they sprout!

Think about it. Your bird needs vitamins, minerals, protein, lipids, and carbohydrates in the right combination to thrive. Lipids are healthy fats.

Think about the huge range of vegetation available in your birds natural habitat. There is always something sprouting up in the lush jungle. Wild birds have a rich array of plants, seeds, sprouts, fruits, berries, nuts, and more just a short flight away.

How can you replicate this lavish diet? Raw veggies, herbs, fruits, grains, nuts, and, of course, sprouts!

There are four main types of sprouts that are good for bird:

Grains: Like buckwheat, amut, quinoa, amongst others

Vegetables: Think radishes, broccoli, beets, and fenugreek

Legumes: Green peas, lentil, soybeans, mung beans, and more

Nuts & Seeds: Almonds, sunflower seeds, and others

Generally, sprouts will grow without risk of fungal contamination when ordinary safe food handling measures are used. Never the less, to be on the safe side, **Grapefruit Seed Extract - GSE** - can be used to prevent fungal contamination.

Sprouting is a fantastic way to improve nutrition in your **parrot's diet**. Sprouted seeds are actually a very nutritionally dense live food. A sprout isn't part of a plant—it IS the plant! Healthy fresh sprouts are full of antioxidants and nutrients that stimulate self-healing.

Sprouts supply your parrot with super-charged nourishment that isn't available in seeds or most pellets. Sprouts contain many of the trace minerals, vitamins, and enzymes necessary for tissue repair and digestive health. But, not all sprouts offer parrot specific nutrients. You'll want to find a seed blend that balances amino acids for complete protein while offering essential enzymes, antioxidants, **vitamins and chelated minerals**.

HOW TO GROW SPROUTS FOR PARROTS?

If you've been putting off making sprouting for your parrot because of fears that it is a time consuming, rigorous process requiring lots of jars and you worry about contamination, then think again.



SOAKING & SPROUTING FOR PARROTS



STEP 1



SPROUTING PREP

Gather This Stuff:

- Seeds
- Sprouter
- GSE
- Strainer, if necessary

STEP 2



RINSE

Thoroughly rinse the dry seeds, legumes, & nuts to remove dust and contaminants.

STEP 3



USE A SPROUTER

A sprouter creates the ideal environment for seeds to sprout well. Soak the seeds in the sprouter. Strain excess water.

STEP 4



SOAK

Soak seeds in cool, clean water at room temperature for 2 + hrs. (Get my FREE instruction sheet here).

STEP 5



SPROUTING

- 1) Rinse seeds well in GSE water (6 drops GSE: 1 Qt. water) 2-3 times per day;
- 2) Strain excess water;
- 3) Keep sprouts in a cool, dry place.

CHOOSE SAFE SEEDS, GRAINS, & LEGUMES

Item	Soak Time	Sprout Time	Notes
GRAINS			
AMARANTH	2-4 HOURS	1-1.5 DAYS	
BARLEY	6-8 HOURS	2 DAYS	PEARLED BARLEY MAY NOT SPROUT AS IT HAS BEEN PROCESSED TO REMOVE ITS HULL AND BRAN. USE UNHULLED BARLEY AS EVEN "WHOLE" HULLED BARLEY MAY NOT SPROUT. IT MAY BE SOAKED AND FED HOWEVER.
BUCKWHEAT	15 MINUTES	1-2 DAYS	
FIELD CORN	8-14 HOURS	2+ DAYS	
KAMUT	8-14 HOURS	1-1.5 DAYS	
MILLET	8 HOURS	2-3 DAYS	UNHULLED MILLET IS THE BEST SPROUTER.
OATS	8-14 HOURS	1-1.5 DAYS	MUST USE UNHULLED OATS. SO CALLED "WHOLE OATS" OR OATS GROATS MAY NOT SPROUT.
QUINOA (WHITE, RED, BLACK)	2 HOURS	1-2 DAYS	RINSE THOROUGHLY TO REMOVE SAPONIN.
RYE	8-14 HOURS	1-1.5 DAYS	WARNING! WATCH FOR ERGOT MOLD.
SPELT	8-14 HOURS	1-1.5 DAYS	
TEFF	2 HOURS	1 DAY	
WHEAT GRAIN	7 HOURS	2-3 DAYS	

Item	Soak Time	Sprout Time	Notes
LEGUMES			
ADZUKI BEANS	8 HOURS	3-5 DAYS	
ALFALFA	4-14 HOURS	1-1.5 DAYS	
CLOVER	4-14 HOURS	1-1.5 DAYS	
GARBANZO BEANS (CHICKPEAS)	12 HOURS	12 HOURS	
LENTILS (BROWN/GREEN/RED)	8 HOURS	12 HOURS	
MUNG BEANS	1 DAY	2-5 DAYS	

PEAS (WHOLE) 12 HOURS 2-3 DAYS SPLIT PEAS WON'T SPROUT BUT ARE STILL SUITABLE FOR SOAKING.



Item	Soak Time	Sprout Time	Notes
NUTS & SEEDS			
ALMONDS (HULLED)	8-12 HOURS	12 HOURS	
CASHEW	2.5 HOURS	NA	
FLAX SEEDS	8 HOURS	NA	
FENUGREEK SEEDS	8 HOURS	2-3 DAYS	
MUSTARD SEEDS	6 HOURS	1+ DAYS	YELLOW OR BLACK ARE RECOMMENDED.
PECAN (HULLED)	4-6 HOURS	NA	
PEPITA (PUMPKIN SEEDS)	6-8 HOURS	1-2 DAYS	
POPPY SEEDS	8 HOURS	1-2 DAYS	
SESAME SEEDS	8 HOURS	1-2 DAYS	MUST USE UNHULLED SESAME SEEDS FOR SPROUTING SESAME SPROUTS CAN BE FED IMMEDIATELY AFTER SOAKING BUT CONTINUE TO GROW WHILE REFRIGERATED.
SUNFLOWER SEEDS	2 HOURS	2-3 DAYS	HULLED OR UNHULLED MAY BE SOAKED AND SPROUTED.
WALNUT (HULLED)	4 HOURS	NA	
HEMP SEED	7 HOURS	3-7 DAYS	

References



Budai, K. & Pao, S. (2018) A parrot's fine cuisine cookbook & nutritional guide. Quietlight Publications, Inc.

