

# Sprouting Seeds for Birds

(what works for me)

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I feed about 1/3 of my bird's daily ration as sprouts (germinating seeds) and have tried most methods. I finally switched from sprouting sunflower hearts (which I had done for years) for my birds, because the sprout rates had become abysmal (Old? Previously frozen? Who knows?). I'm now doing a 2-day sprout with mung beans, which sprout quickly.

*Fresh water only, NO soil and NO coconut coir substrate.*

*Briefly, I use pairs of small sprouters (from Amazon), as in picture. Fill sprouting container to about 1/2 inch above bottom of white upper chamber with a few drops of bleach, add mung beans, soak during the day, drain and rinse, cover the sprouting container with dry wash cloth overnight, rinse morning and evening, cover the second day, rinse next morning, feed 1/3, put container in refrigerator to feed the next two days. Rinse and repeat!*



If you want to sprout smaller seeds, you can put a piece of fiberglass screen mesh on top of the tray mesh (tray holes are too big for the smaller seeds). I have tried this, but find that the smaller seeds don't have good yield and are not worth the trouble, in my opinion.

*Following is my methodology. [If sprouts are slow, putting a small heating pad on low underneath may help.]*

## MORNING 1:

1. Put 1/4 to 1/2 cup mung beans (depending on how many birds you are feeding) in white top of sprouter that is filled with warm water, with a few drops of bleach to retard mold), to about 1/2 inch above bottom to cover seeds. Replace clear lid, cover with dry wash cloth and set on the counter during the day.

## EVENING 1:

2. Pour out water, rinse swelling seeds well, place white container back on green bottom, cover with lid and cloth, and put on counter for the night. Do NOT add water to bottom container.

## MORNING 2:

3. Rinse well, drain. Seeds will be germinating at this point, with tiny tips emerging from seeds, especially the mung beans, which also increase significantly in size. Replace white container back on green bottom, cover with lid and cloth, and put on counter for the day.

## EVENING 2:

4. Rinse well, drain. Replace white container back on green bottom, cover with lid and cloth, and put on counter for the night.



**MORNING 3:**

5. Rinse well, drain, and place 1/3 of sprouts into feeding mix dish. Replace clear lid on sprouter and put in refrigerator.

**DAY 4 & 5 (morning):**

6&7. Rinse and drain before using the next two mornings.

***Start the cycle over again with seeds in new sprouting container the morning of the 4th day.***

*After washing the seed tray setup, fill with water and add a few drops of bleach to deter any mold or bacteria. Let set for 10 or 15 minutes, rinse all well and allow to dry overnight.*

**IF YOU WANT TO TRY OTHER SEEDS:**

Mungs and wheat berries sprout in similar time frames. Other beans take a day or so longer. Smaller seeds will need a screen so they don't fall through the white container holes.



*Evening of second full day  
Mung & wheat berries*



*Morning of third day  
Mung & wheat berry sprouts ready to feed*

**IF YOU WANT EXTRA "GREENING":**

If you wish to have more "green", you can add an extra day tray time under lights, and there will be beginning leaves on most of the sprouts.



*Mung & wheat berry sprouts with  
extra day of "greening" under light*

**IF YOU WANT TO HARVEST ACTUAL "GREENS":**

*You can add 3 to 4 extra days of sprout tray time under lights (but watch for souring), open top, rinsing morning and evening, and misting a time or two during the day, for 3 – 4" of leaves growing from seeds. Put about an inch of water in the lower tray and roots will seek it. You probably won't want to use the roots that have gone through the mesh to the water in the lower tray, as they are tougher and not as palatable—*



*Sprouting tray after  
about 5 days for  
"greens"*

*this is for "greens" only! My birds were not that thrilled when I offered these. They prefer germinating seeds with tender tails.*