

# HOW TO SPROUT SEEDS FOR YOUR BIRD

## STUFF YOU'LL NEED:

1. A bag of bird seeds (we got the cheapest bag from our neighbourhood pet shop)
2. Air-tight container e.g. a Fido jar (with metal clasp lid) or Mason Jar will work
3. Planting pot with multiple small drainage holes and saucer.  
*\*We got another deeper and larger saucer to catch any excess liquid which may spill over*
4. Disposable kitchen towels
5. Fruit netting mesh (recycle fruit meshes from the wet market or get them from Daiso)
6. A clean dry cloth



## THE PROCESS:



### PREPARING THE SEEDS

Rinse the seeds a few times then immerse them in the air-tight container for 12 hours.

Make sure the seeds are submerged in water.

**Tip: Don't use too much seeds. You can gauge a good amount by placing the seeds into the planting pot first, and make sure it is not too thick a layer. Anything over 1cm in height is considered a little too thick.**



### PRIMING THE SEEDS FOR GROWTH

Assemble your sprouting apparatus:

- Line the bottom of the planting pot with the netting mesh
- Fold 2 sheets of kitchen towel together and line it over the mesh
- Put the planting pot in the saucers

Drain the water from the air-tight container as much as you can.

Scoop the wet seeds out and place them on the kitchen towel in the pot.

Cover the pot with a dry cloth and keep it away from direct sunlight.



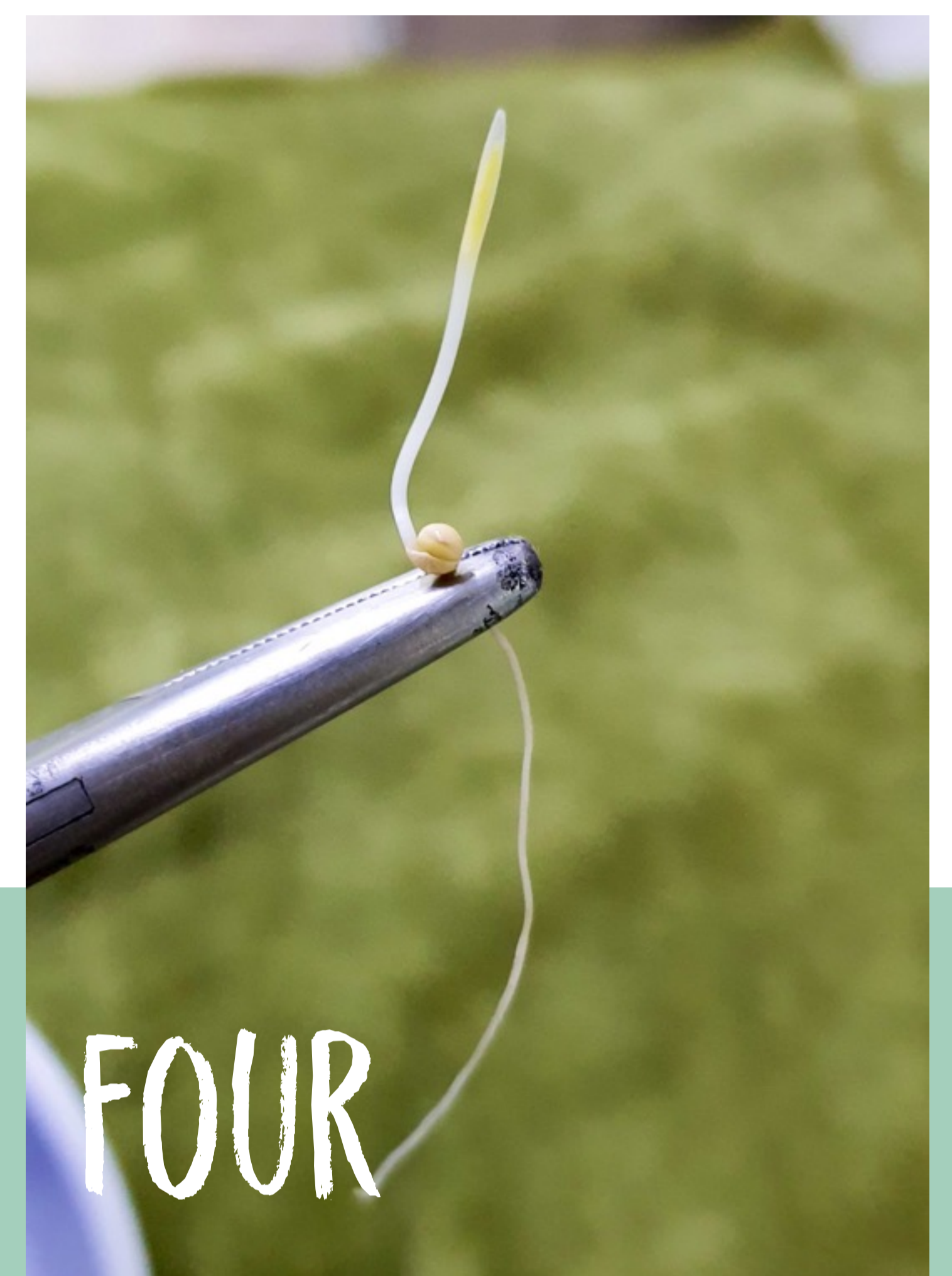
### WATERING THE SEEDS

For the next couple of days, rinse the seeds by adding a bit of water directly to the pot, swish it and then drain it. Same way as if you are washing rice.

Rinse up to 3 - 4 times a day (or every 4 hours). There's no need to stay up to rinse the seeds overnight.

Repeat the rinsing until you see seeds starting to sprout. *\*It took us around 3 days to get sprouts.*

**\*Note: Bird seeds usually come assorted in a bag. This means there are different kinds of seeds in there and each may require a different amount of time to start sprouting.**



### HARVESTING THE SPROUTS

You can harvest the sprouts once they have roots and shoots. Pick out these little sprouts and store them.

#### How to store?

Put the sprouts in a storage bowl that's lined with kitchen towels to absorb any residual moisture.

Cover the bowl and pop it in the refrigerator.

## KEEPING THE SPROUTS:

You can store sprouted seeds in the refrigerator for up to 6 days. Before you feed your bird the sprouts, be sure to check for any signs of mould growth or if the sprouts have started becoming slimy.. You can do a quick sniff to check if the sprouts have gone off.

**\*Note: Only feed your birds the seeds that have sprouted. Add these nutritious sprouts to their regular food or as treats. Please throw away seeds which have not sprouted.**

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