

# BIRD BASICS SPROUT KIT

EASY SPROUT & 2 POUNDS OF SPROUTING BIRD SEED

## Sprouting Instructions

Yields approximately 1 Cup (1/2 lb.) of Sprouts

**Put 2/3 Cup of seed into your Easy Sprout Sprouter\*.**

**Add 1 cup of cool (60-70°) water.**

**Mix seeds up to assure even water contact for all.**

**Allow seeds to [Soak](#) for 8-12 hours.**

**Remove the Growing Vessel**

**Pour away the soak water.**

**[Rinse](#) thoroughly with cool (60-70°) water by holding the Growing Vessel under your tap or sprayer. . . . and [Drain](#) thoroughly\*.**

**Set anywhere out of direct sunlight and at room temperature (70° is optimal) between Rinses.**

**[Rinse](#) and [Drain](#) again in 8-12 hours.**

**Then**

**[Rinse](#) and [Drain](#) again in 8-12 hours.**

**And, perhaps one more...**

**[Rinse](#) and [Drain](#) in 8-12 hours.**

**We usually stop here.**

Most of your seeds will now have little tails (sprouts). Not all of the seeds are intended to germinate in this amount of time, but as soon as a seed soaks up water its nutritional value skyrockets and it's enzymes are no longer inhibited. So know that what you are feeding your friends is beyond compare - tail or no tail.

You can trust that the batch is done when most have sprouts. They are ready to feed. You may grow them longer if you like. Experiment to see what your bird's favorite stage is.

Depending on your climate and the time of year you are sprouting and most importantly your personal preference - You may **Rinse** and **Drain** again at 8-12 hour intervals for several days. However - we prefer to sprout only to the point where most of the seeds have sprouted tiny (1/4 inch) roots, which is typically after just 2 or 3 **Rinse** and **Drain** cycles.

**Your sprouts are done 8-12 hours after your final rinse. Be sure to Drain them as thoroughly as possible after that final rinse.**

The goal during the final 8-12 hours is to minimize the surface moisture of your sprouts - they will **store** best in your refrigerator if they are dry to the touch.

**Transfer your sprout crop to a plastic bag or the sealed container of your choice - glass is good - or you can use the solid lid that came with your Easy Sprout and store right in it - and put them in your refrigerator - if you and your feathered children can keep from eating them all first.**

*Note: These do not store super well in refrigeration so you should try to grow just what you need for a few days. It isn't actually that they store poorly, it is just that there are quite a few grains in here and they are cool weather crops, so though they slow down quite a bit, they continue to grow - even in the refrigerator.*

**\* The Easy Sprout comes with instructions. Follow them to put the sprouter together and learn how to use it. Follow THIS sheet's instructions to sprout your seeds :-)**

Here is a little extra Easy Sprout tip: Draining after you Rinse is the most important aspect of sprouting. You must Rinse thoroughly which means there is a bit of work to do when it comes to Draining the Rinse water out (that is the same with any sprouter) of the Easy Sprout: Shake the Growing Vessel, hold it by its lip and twirl it, then bang it against the inside of your sink. Do all of these things every time you are done Rinsing. That is how you get the water out, and believe us, getting the water out is going to result in the best sprouts you've ever grown. Do not try to Rinse less! Every seed wants a good drink every time! Rinsing is as important as Draining. Do them both as thoroughly as possible (its going to take you all of 30-60 seconds) every time!