

Feeding Dry Seed and Sprout Article

RBC UPDATE: Sprouts for Parrots

We get many emails and messages asking about feeding seeds to their pets and or breeder parrots. Our first response is, we do not feed much so-called SEED to our birds, Well, let me completely explain what I mean. We feed lots of seed, but it is sprouted seed, soaked seed, and or soaked and boiled seeds, not much dry seeds are fed to our breeders.

Most parrot mixtures or seed mixtures are high in fats, not much nutrition. But when seed is soaked or sprouted it completely changes the nutritional value, ITS ALIVE, and when it swells and sprouts it goes through a bio change within the seed germ. We feed sprouts daily and we feed over 100 pounds of seeds, lentils, peas (sprouted) within a week. Sunflower, safflower, oats, groats, canary seed, wheat, lentils, many types of peas and much more, I am not going to get into how to sprout here, as that is a learned activity and one should be careful as sprouts can be dangerous if not done right, mold, fungus can grow within the sprouting seeds and will be dangerous, So, if you are going to sprout, trial and error is good, but read on how to do it somewhere, there is good info on the internet and practice and get a good working technique before trying to feed it to your birds.

Also when I said we do not really feed SEED, well, again there is some exceptions from time to time, I walk around the farm in the evening and give about a ounce of seeds or so of washed and soaked seeds and grains to many species, especially African Greys as they really need the extra fats and oils. What we do is this, we take a high quality seed mix, one that has no vitamins that have been added , just plain raw seeds. In the mornings, We take this and wash and rinse, we cover them with plain water and we then allow to soak during the day, maybe a good 8 hours. During the late afternoon we then again wash, and drain and allow to dry some, and then this is fed is a clean dish. The seed that has soaked just these few hours again changes into a power house of exploding life, just a few hours of soaking allows the germ inside the seed to go through a bio change. Again this is only an addition to the highly nutritious diet we already feed.

If you do not want to soak seed, well at least wash the dry seeds if you want to feed that. We have to be very careful on amazons as they have a tendency to get over fat.

I always wash the seed, by using a colander and then rinse with cool water and then let them stay in the colander for a hour or 2 and then let dry on a large screen or one can just place them on a cloth for a short time, they do dry quickly. We wash them to remove the dust and debris. But the real problem with many people they think they can just open a bag of parrot seed and feed it and it's a good diet, well, its not, When people tell me that their birds do not look unhealthy as they are not skinny, my main response is , if they looked skinny then that would be more natural than fat. As in the natural world of parrots they do not sit in cages waiting for someone to fill their bowls, they search for miles and miles for food to just stay alive, and they are not fat, far from it, most birds in the wild are very slender and muscular from all the flying and the foods

they find have to be high nutrient density. And they do eat lots of grains, and seed particles but most times the seeds are swollen and sprouting as this is the cycle of nature.

All this said. we have say this, many seed mixtures have pellets and or vitamins in the mixture, this should not be washed or soaked. The pellets will turn to mush and the vitamin cannot be washed away and may turn rancid during the soaking or sprouting process, ONLY use plain raw seeds when soaking or sprouting.

So try some new high nutrient foods for your birds, you will see a big difference in breeding, attitude in pets, and feather condition in all birds in a very short time, Many times feather pickers will stop picking after a few short weeks of feeding a regime with added sprouted LIVE foods instead of dry seed and or just pellets or a too large percentage of pellets. Some birds can have allergic reactions to a processed formulated food.

thanks, Mike Richard, RBC Director. Royal Bird Company

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We are professional responsible breeders and we continue to educate people how to properly maintain their birds