

Sprout This!

Turn seed into super food

By Patricia Sund

Sprouts for Birds? Absolutely! Sprouting is one of the best ways to ensure your birds get some of the best nutrition available, made fresh by Mother Nature. There are so many advantages to sprouting, it's unbelievable.

In its dormant form, seed isn't particularly nutritious. However, seeds have been supplied with all of the nutrients, energy and information needed to become a plant. Thus, when sprouted, seed has the nutritional value of the plant but in a more concentrated form.

*For the full article, pick up the July 2008 issue of BIRD TALK**

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