



Sprouting Instructions

The Program

In two to four days you will be feeding your birds the most nutritious meal they have ever had. Their eager response to AFD will demonstrate their intuitive recognition that **Avian FRESH Diet Premium Living Food** is the REAL STUFF, the food for which they have been waiting. And soon you will see for yourself the impressive results of your wise choice.

If you are not practiced at sprouting, please be patient for a few days.

The AFD Program is easy and safe. Once set up, there are only four simple steps:

- A. **Rinse**
- B. **Soak**
- C. **Sprout**
- D. **Feed**

Though the process requires a few simple tools, a "place" to happen, and a little daily attention, preparation takes much less of your valuable time (only 2 to 4 minutes a day) than any other "fresh" food concept such as the peeling and chopping of fruits/vegetables, or soak and cook diets. Within just a few days, you will feel confident and both you and your birds, will be grateful for the switch to nature's vital energy.

ABOUT HOW MUCH TO FEED:

Most of us, in our desire to give our birds the very best of everything, over-feed them. Imagine yourself limited to a nice comfortable room where a table is set all day with delicious foods, close at hand at all times. Would you ever have an appetite? Would you select only those foods that caught your fancy? Would this situation result in you being well-nourished and healthy? Of course not. *We recommend that you feed your birds only an amount that will be completely eaten in three hours.* This assumes that feeding is done twice daily. This parallels the birds habits in the wild, assures that a balanced diet is being consumed, that food does not deteriorate or become contaminated, and greatly reduces

your feed costs and cleanup time. Give your birds plenty of non-food entertainment and you will see how less food will make your birds healthier and happier.

ABOUT ACCEPTANCE OF THE NEW DIET:

Over 90% of birds enthusiastically welcome Avian FRESH Diets on the first feeding. There are, however, a few individuals who, like some humans, just don't like any changes of any kind. For these birds, or ones that are feeding babies, retain their accustomed food, replacing it with AFD gradually over a period of a week. Once sampled, we have never seen a bird that didn't prefer AFD to their previous favorite.



Wash Hands Prior to Sprout Preparation

Easy Sprout™ Instructions:

1. Using Vented Dome Lid (measurements marked on inside) included measure out dry seed to sprout (1/8 – 1/4 cup dry per day per bird). Keep Alfalfa Insert inside of Inner (bottom-draining) Vessel then add measured dry seed in the Inner Vessel and place in the Outer Vessel.
2. Add pure water for initial soak (if you are not sure if your water is pure we suggest using FRESH Stabilizer™ (GSE) available from China Prairie™)
3. Micrograin™ or Psittacine™ is best soaked for 8-10 hours in pure water.
4. After initial soak period of 8-10 hours drain water out (see picture).
5. Rinse with pure water. **Helpful Hint:** When done rinsing hold on to top of Inner vessel and spin in circular motion within sink to force any extra water out thru bottom of vessel. I do this for about 15 seconds then I gently rotate vessel—shaking seeds around—allowing air to move around a bit.

6. Place Inner Vessel inside the Outer Vessel and slightly twist to elevate Inner Vessel allowing air to move in and around the Inner Vessel creating humidified air by convection (note pic.). Then place Vented dome—top up (shown top up).



7. Repeat rinsing morning and evening (roughly 12 hours apart) until tails start to appear—normally about 2 days but can vary based on temperature and/or climate. Once tails start to appear you may begin offering to bird(s) and place in fridge with vented lid on container or transfer to another container. Sprouts will continue to grow in fridge but at a much slower rate because of the cool air. Make sure you are starting a new batch to continue a fresh sprout cycle!

I hope this briefly explains the Quick and Easy Process! Very simple once you get going. I felt the Easy Sprout™ instructions were not completely clear when I started so I made this Quick Reference to help clarify for sprouting China Prairie™ Bird Mixes.

If any part of the process is unclear, or if you have any additional questions *Please reach out* to us as we want all of our customers to feel comfortable Sprouting. We are *here for our Customers* about any of our products—*Always!*



Micrograin™ Sprouts~ Top with AFD FRESH Supplements



Psittacine™ Sprouts~Top with AFD FRESH Supplements



Cleaning and Handling Practices

Wash hands for 20 seconds with mild soap before touching seeds /sprouts. We pick up bacteria, although not all bad, along during the day and want to limit potential exposure. Wash your Easy Sprout™ with warm sudsy water then rinse them in hot water— air dry. If washing in dishwasher use top rack, and always follow manufacturer’s guidelines.

Safe Food

Our AFD Seed mixes and Supplements are made and blended here in California and are held to *High Human Standards*-- meaning: All seeds/grains in mixes are Human-grade and Organic as availability and quality allows. If our manufacturer cannot supply organic, they give us the option to self-source. On occasion we have had to do that to adhere to our High Standards, as we choose not to lower our Standards! Our quality seed mixes are tested by third-party independent laboratories and must pass all controls prior to acceptance. Our supplements are tested in-house laboratories and too must pass controls prior to sale. We partner with vendors who share our values to match superior quality with safety.

We always have and always will!

Jar W/ Sprout Lid Instructions:

The Process

You will need space on a sink drain board or an AFD **SPROUT RACK** (available from China Prairie Products). **KEEP SPROUTS OUT OF DIRECT SUNLIGHT**. Normal indoor light is OK. Don't sprout in a cabinet or closet. Sprouts need good air circulation.

1 Make a working solution of **FRESH Stabilizer (FS)**, the non-toxic grapefruit bioflavonoid, by mixing:

Use one and one half (1 1/2) teaspoons (or 8 cc) of FS with one gallon of pure water (this is a 500 ppm mix). Store this container in a dark place (It may darken in light, but without any harm to its effectiveness or shelf life).

Adding the **FRESH Stabilizer** to a gallon container of distilled or purified water is a good way to start.

2. Choose a sprouting container to suit the number of birds you have. For a starting point, try one-quarter cup of dry grains per bird (Grey Parrot size) per day. This varies, of course, with species, weather, and other dietary items fed. One to Three (3) one quart mason jars with sprouting lids (available from China Prairie Products) is the best arrangement for one to six birds. The quart jars can be held in the **Sprout Rack** for draining/growing (available from China Prairie Products).

Half-gallon mason jars will do more (**can be held in the Sprout Rack**), and then plastic buckets (two with small drain holes drilled in the bottom) are used for larger amounts.

3. Place the grain mix in the soaking container (not more than one-half full of AFD mix as the volume will nearly double during the soaking period). Rinse with pure water. Drain and pour the **FRESH Stabilizer** working solution into the sprouting container so that the grains are fully covered with the liquid. Allow mixture to soak 8 to 10 hours. Start in the morning - drain in the evening, or vice versa.

4. Invert the sprouting jar downward onto the **Sprout Rack**, or drain board, or with buckets, pour mixture into a bucket with holes in the bottom to drain on the drain board. Cover buckets with a loose fitting lid to reduce dehydration and to keep out insects and potential contaminants.

5. Allow mix to sprout undisturbed for one to three additional days.

Important: We only want small white sprout tails, not green leaves. The nutritional transformation takes place on first emergence. The **FRESH Addition** supplement will provide plenty of Beta-carotene and chlorophyll. Sprouting progress varies with ambient temperature. At 65-70 degrees F (room temp), AFD will be ready to feed in two additional days. Above 80 degrees, feed after an additional 24 hours, and at low temperatures, it will take up to four days total. Do not leave the sprouts longer than four days. *Rotating the jars to "fluff" twice a day will improve quality.* Don't forget to start the new batch each morning. That way the process is continuous. You have a flow of **fresh, live food** with only a few minutes of preparation daily. You will appreciate the extra time you have created.

ABOUT RINSING TWICE DAILY:

Using the non-toxic **FRESH Stabilizer (GSE)** assures that unwanted microorganism proliferation will be controlled. Rinsing twice a day (am. & pm.) will improve the cosmetic appearance and speed of germination, but will increase the risk of microbial contamination if the rinse water is not 100% pure. Traditional sprouting techniques rely upon frequent rinsing to physically wash away microbes, but may, in itself, be the cause of the problem. The results are completely dependent upon the quality of your water and air. See the trouble-shooting section. As the sprouting progresses, changes will

occur in the color and aroma of the grains and seeds. Darkening is normal. A smell sometimes described as like wet leather or “earthy” is normal. A sour or acid smell, though not always harmful, should be investigated. Of course no mold (gray, black or white) or sliminess should be present. **If you are sure your water is pure, AFD will benefit from rinsing twice daily.** If you are in doubt, see the trouble-shooting section or call China Prairie Products, 916-917-5408.

IMPORTANT: Keep all AFD products in insect-proof containers.

If you do find moths or grain weevils freeze your product for at least three days. When you remove from the freezer, open the container or bag to allow the air to circulate until the sprouting mix comes to room temperature. The weevils will not hurt the birds, but if left unfrozen, they eat the center out of the grain so that it will not sprout.

