

# GREEN HARVEST SPROUTING, WHEATGRASS AND MICROGREEN GUIDE

Would you like fast, nutritious, fresh food from your kitchen bench? Reduce your food miles to food metres with a garden that isn't at the mercy of pests or the elements and doesn't need much space.

We are constantly told that 'fresh is best' but as gardeners know, 'homegrown is better'. That's especially true when it comes to those essential nutrients provided by green vegetables that our bodies need replenished every day. Sprouting and growing microgreens are easy ways to add these essential vitamins and enzymes to your diet.

**Sprouting** is 'bench top organic vegetable gardening'. Sprouts are not only a great addition to salads and sandwiches, they are incredibly nutritious added to fresh juices and smoothies.

**Microgreens** are an exciting, colourful, gourmet alternative to sprouts. They are halfway in size between sprouts and salad mix. Usually grown in trays, they differ from sprouts as they are grown in sunlight and harvested when there are baby leaves.

Advantages to growing your own include:

- ◆ It is simple and quick; only very basic equipment is needed
- ◆ There is a wide choice of taste sensations, colours and textures
- ◆ Commercially-grown sprouts and microgreens do not always use organic seed, so growing your own gives you that chance to increase your organic consumption
- ◆ Very little space is needed in the kitchen. You can grow some of your food without actually needing a garden
- ◆ It is very economical; sprouts and microgreen seeds can multiply by up to 15 times their weight



*Alfalfa sprouts*



*Amaranth microgreens*

## CHOOSING YOUR SEED

### ***Alfalfa***

Easily the most popular sprout, with a delicious nutty flavour. Highly nutritious, rich in vitamins and minerals such as calcium (five times more than milk), protein (35%) and fibre.

### ***Amaranth***

A microgreen with gorgeous magenta leaves to add a vibrant dash of colour to a salad or for use as a garnish. The flavour is sweet and tangy, similar to spinach.

### ***Barley Grass***

Too chewy as a sprout, instead grow it as barleygrass, an alternative to wheatgrass. Highly nutritious and rich in vitamins and minerals such as calcium, iron; chlorophyll, lecithin, pantothenic acid, protein (30%). Tastes best combined with other juice.

### ***Basil Purple***

An attractive microgreen with a great flavour. The leaves are mainly purple with 20% variegated or green. It is nutritious, rich in vitamins and minerals.

### ***Beetroot***

An easy-to-grow microgreen with very attractive, deep reddish-metallic purple leaves with a delicious, mild spinach-like flavour. Vigorous and easy-to-grow, it is nutritious with antioxidant properties and rich in vitamins.

### ***Broccoli***

Sprout with a distinctive hot, broccoli taste; it is also highly nutritious. Tender leaves are rich in vitamins, minerals, enzymes, protein (35%) and chlorophyll. It is believed to stimulate the immune system and have a tonic effect.

### ***Buckwheat***

Buckwheat is an easy-to-grow microgreen, rich in vitamins, essential fatty acids and minerals such as calcium, iron, magnesium, niacin, potassium, amino acids, protein (15%). Stimulates the appetite, reduces cholesterol and believed to be helpful against anaemia and fatigue.



**Chickpea**

Sprout with a nutty flavour and crunchy texture, it can also be cooked, in casseroles or hommos, to bring out the flavour. High in protein (20%), vitamins and minerals calcium, magnesium, iron and potassium. Believed to help to regulate cholesterol and insulin. It also makes an interesting microgreen.

**Cress**

Traditional microgreen with finely curled leaves and a peppery flavour. Popular as a garnish and as an addition to salads and sandwiches. Good source of vitamin A, C and sulphur.

**Dill**

A microgreen with fine, feathery foliage and a great flavour. Goes well with eggs, cucumbers, cheese, salmon and cabbage. Slow germinating and slow growing – suits an experienced microgreens grower.

**Fenugreek**

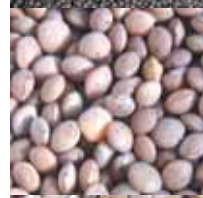
Fenugreek is a very nutritious sprout, high in protein, vitamins A, D, E and group B; protein (30%) and minerals. Fenugreek sprouts stimulate the appetite and are recommended against anaemia and fatigue.

**Kale**

Kale is used for sprouts and microgreens; it has a mild cabbage-like flavour; the colourful leaves add vibrancy to salads. Rich in the antioxidants believed to help prevent macular degeneration and other conditions of the eye.

**Lentil**

Sprout with a sweet, crunchy, mild, nutty flavour; can be eaten fresh or lightly steamed. High in protein (25%), fibre and minerals. Believed to help regulate cholesterol and blood sugar levels.

**Linseed / Flaxseed**

Mildly spicy, very tender microgreen. Highly nutritious, rich in Omega-3 fatty acids. A good source of vitamins, minerals, antioxidants and amino acids. Linseed is highly mucilaginous so should only be grown in a tray or saucer.



### ***Mung Bean***

Crisp and juicy sprouts, rich in protein (20%), minerals and vitamins; believed to help regulate cholesterol. Sprout in the dark to produce long shoots. Eat lightly steamed.

### ***Mustard***

Hot and spicy mustard is multi-purpose for both sprouts and microgreens. Nutritious with high levels of antioxidants, protein (35%), vitamins and minerals. Believed to stimulate blood circulation and to be effective against fever and colds.

### ***Oat Grass***

Similar to wheatgrass; high in vitamins, calcium, chlorophyll, protein (15%), iron, lecithin, magnesium, pantothenic acid and potassium. Used for juicing.

### ***Onion***

Easy to digest sprouts with a sweet onion flavour. Highly nutritious; full of vitamins; minerals such as calcium, potassium and sulphur; protein (20%); enzymes and chlorophyll.

### ***Quinoa***

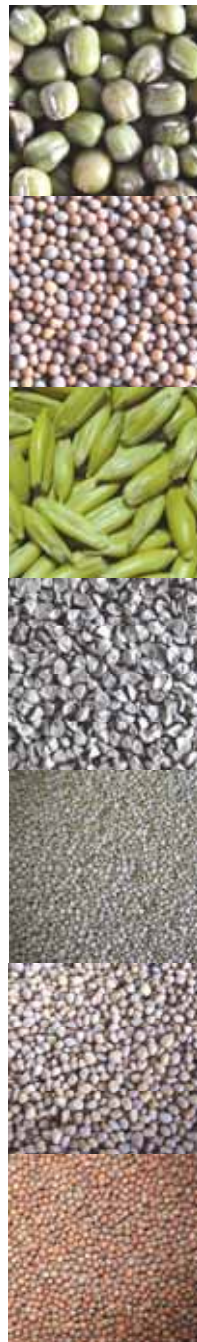
Easily the fastest of the sprouts to grow - can be ready to eat in 24 hours. Has a delicious mild, nutty flavour; the only sprout which contains every amino-acid. High in protein (15%), vitamins and minerals.

### ***Radish and Daikon***

Spicy radish can be used as a nutritious sprout or microgreen. Rich in vitamins; minerals calcium, iron, potassium, zinc; plus carotene; chlorophyll; antioxidants and protein (35%). Believed to stimulate the immune system.

### ***Red Cabbage***

A beautiful, deep, red-purple sprout or microgreen with a mild, sweet cabbage flavour; highly nutritious. The tender leaves are rich in vitamins A, B, C, E, K; minerals such as potassium, calcium, magnesium and chlorophyll. Believed to stimulate the immune system and have a tonic effect.



**Rocket**

Mildly spicy, delicious, easy-to-grow microgreen. Germinated seed is slightly mucilaginous so it is difficult to grow as a sprout unless mixed with other sprouting seeds. Highly nutritious; believed to stimulate the immune system and have a tonic effect.

**Sunflower**

A truly delicious, crunchy microgreen. Very nutritious: high in choline, linoleic acid, lecithin, vitamins, minerals, and protein (20-25%).

**Wheat Grass**

Wheat grass is considered a highly nutritious and cleansing food source, rich in protein (up to 30%); carbohydrate; vitamins; minerals such as calcium, magnesium, potassium; antioxidants; chlorophyll and enzymes. Used for juicing.

**HOW TO GROW SPROUTS**

- ◆ Sprouts can be grown most of the year but keep in mind that the same rules apply as for successful seed germination in the garden. Just like all other seed, sprouting seed has a temperature range that is best for germination. Avoid very hot or cold periods; temperatures between 20°C – 25°C work best. In winter a heated propagator tray can be helpful.
- ◆ Wash the seeds well in fresh water before soaking. Float off any leaf or twig debris. Broccoli, other brassica and onion seeds need to be encouraged to sink.
- ◆ Soak the seeds for the correct time; do not over or under soak. Over-soaking can kill your sprouts. If the seeds and water they are soaking in go murky and scum forms on the surface, the seeds have soaked too long and are probably dead. Good aeration with a plentiful supply of oxygen gives life to the seed, so avoid soaking too much seed at a time and then overcrowding it in the sprouter.
- ◆ Never put the sprouting jar or bag flat to a surface where air cannot reach the seeds; all living things need to breathe. Poor drainage will cause the seed to rot.
- ◆ Try to rinse at least 3 times a day. During hotter weather, rinse more often. Thorough rinsing is important as the water provides the moisture needed to activate growth, it also flushes away waste products and re-oxygenates the seed, but be gentle.

**Fenugreek sprouts**

## HOW TO GROW SPROUTS cont.

- ◆ If you can't be at home on hot days, refrigerate the sprouts until you get back. Failing to rinse will cause the seeds to shrivel and die, as will hot, direct sunlight. If seeds start to dry out, soak briefly and then drain well.
- ◆ Only start sprouts if you are available to look after them for the next 3 - 5 days.
- ◆ To produce green, leafy sprouts, daylight is important but always avoid direct sunlight. A kitchen bench near a window with access to the sink is ideal.
- ◆ De-hulling refers to removing the seed hulls. This is important particularly for Brassica sprouts (cabbage, broccoli, radish, mustard etc.) as the hulls are quite large and hold a lot of water and removing them greatly improves the storage life. To de-hull place the sprouts in a big bowl. Fill with cold water; loosen the sprouts by pulling apart with your fingers or a fork. Hulls will rise to the surface. Skim the hulls off the surface of the water. Drain the sprouts well, a salad spinner helps.
- ◆ Once the sprouts are ready, store them in the fridge. They store best when well drained, even dry to touch, in a container that breathes. They will go slimy pretty quickly in a plastic bag. Rinsing every few days and draining well will prolong their storage life.
- ◆ Any seed or sprouts that are even slightly mouldy should be discarded.



*Lentil sprouts*



*Mung Bean sprouts*

## SPROUT TROUBLESHOOTING

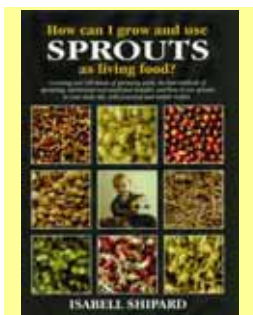
Sprouts are easy to grow but if you are having problems it might be because of:

**Overcrowding:** Too much seed in your sprouter means that some seeds suffocate. This can cause sliminess, ungerminated seeds and an 'off' smell. Start off with less seed and check the sprouter's capacity when sprouts are ready.

**Oversoaking:** Too long a soaking time can kill seed; it simply drowns.

**Not enough rinsing:** Sprouts need to be well-rinsed to prevent them drying out and to re-oxygenate them.

**Wrong time of year:** Some seeds will not germinate at very high or very low temperatures. Check the growing instructions on the seed packet.



*We highly recommend*  
**How Can I Grow and Use Sprouts as Living Food?**

## CONTAINERS FOR SPROUTING

### Jars Sprouters

To make your own jar sprouter, choose a large glass jar with a wide, straight neck. Flywire or cheesecloth and a rubber band provide the lid. The covering needs to allow sufficient drainage and aeration, or mouldy sprouts will result. The *Green Harvest Jar Sprouter* works well as it comes with a built-in drainage stand. It is particularly important not to overcrowd the seeds in jar sprouters.



### Dome Sprouters

The *Green Harvest multi-level Dome Sprouter* suits a wide range of seeds and makes it easy to produce a continuous supply of sprouts, as you can add additional levels every few days.



### Sprouting Bags

The *Green Harvest Hemp Sprout Bag* is durable, naturally mould-resistant and will last for years. It is best for growing hulled grains and beans such as mung, lentils, peas, chickpeas, adzuki, soft wheat sprouts, rye, or barley. The bags hang up to save on bench space.

### Automatic Sprouter

A super productive indoor farm. It enables even the busiest people with no garden space to grow a wide diversity of nutrient-packed greens year round. Choose to grow without soil for sprouting, or with soil for microgreens (sunflower and buckwheat) and grasses (wheat, barley and oats). Set the timer to control the amount of water delivered as a mist across the 5 seed trays. As the weather warms up, add an extra watering cycle so that in the hotter months, the machine automatically waters 6 or more times per day and you harvest fresh greens daily. This is simply not achievable in the garden or with other sprouting methods.



*Mixed salad in 5 days*



*Wheatgrass*

<b>GROWING SPROUTS</b>					
<b>Seed Type</b>	<b>Soaking Time (hours)</b>	<b>Qty of Seed per 650ml Jar Sprouter</b>	<b>Best Temperature Range for Growing</b>	<b>Details</b>	<b>Days to Harvest</b>
<b>Alfalfa</b>	3 - 6	1 heaped tsp yield 1 cup	16 - 25°C; avoid hot weather	expose to sunlight on 5 <sup>th</sup> day to make more nutritious	3 - 5
<b>Broccoli</b>	4 - 8	1 heaped tsp yield 1 cup	10 - 25°C; avoid hot weather	need good aeration to avoid mould	3 - 6 de-hull
<b>Chickpea</b>	8 - 12	½ cup yield 1½ cups	20 - 25°C; avoid very hot or cold weather	eat raw or lightly steamed	2 - 4
<b>Fenugreek</b>	8 - 10	1 tbsp yield 1½ cups	16 - 25°C; avoid very hot or cold weather	tolerates cooler temps than other	2 - 5
<b>Kale</b>	4 - 8	1 heaped tsp yield 1 cup	16 - 28°C avoid very hot or cold weather	avoid the seeds clumping together	3 - 6 de-hull
<b>Lentil</b>	8 - 12	½ cup yield 1 cup	18 - 22°C avoid very hot weather	eat raw or cooked	2 - 4
<b>Mung Bean</b>	6 - 12 soak in warm water	½ cup yield 1 - 1½ cups	20 - 25°C; avoid very hot or cold weather	rinse when finished in a bowl so hard seeds fall to the bottom	4 - 5

**HINT: Only mix sprouting seeds together that have similar days to harvest. For example, alfalfa mixes well with broccoli, rocket, red cabbage and radish**



Seed Type	Soaking Time (hours)	Qty of Seed per 650ml Jar Sprouter	Best Temperature Range for Growing	Details	Days to Harvest
Mustard	4 - 8	1 heaped tsp yield 1 cup	10 - 24°C; avoid hot weather	avoid the seeds clumping together	3 - 6 de-hull
Onion	8 - 12	2 tbsp yield 1 cup	10 - 21°C; avoid hot weather	store seed in freezer	10 - 15 very slow to sprout
Quinoa	20 - 30 minutes only	$\frac{3}{8}$ cup yield 1½ cups	16 - 25°C; avoid hot weather	rinse often	1 - 3 fastest of all!
Radish	6 - 12	1 heaped tsp yield 1 cup	16 - 28°C; avoid very hot or cold weather	avoid seeds clumping	3 - 6 de-hull
Red Cabbage	6 - 12	1 heaped tsp yield 1 cup	16 - 28°C; avoid hot weather	avoid seeds clumping	5 - 6 de-hull



*Everything you will need to get started!*

### **Sprouting Kit**

Includes:

2 x Jar Sprouters

Broccoli Sprouting Seeds 25g

Radish Sprouting Seeds 25g

Fenugreek Sprouting Seeds 25g

Sprouting Dial Chart

Sprouting, Wheatgrass and

Microgreen Guide 16 page leaflet

***Available from Green Harvest***

## HOW TO GROW MICROGREENS

Microgreens differ from sprouts in that they are grown in sunlight. You can grow them indoors on a sunny window shelf or outdoors on a covered deck or in a shadehouse.

It is best to use a flat tray with good drainage. Containers can be recycled but should be well washed. For your soil mix choose between organic potting mix (look for an organic certification number on the bag), cocopeat, vermiculite or seed raising mix.

To begin, fill the tray with your selected soil mix 2 - 3 cm deep and moisten the mix. Soak the seed, if required, then sprinkle the seeds evenly on top of the mix and gently pat them down. If recommended on the seed packet, cover with more soil mix. Many seeds only need to be covered with paper towel. Or you can cover with another inverted tray to help keep the seeds moist until they sprout.

Water often using a fine spray. Adding diluted organic nutrients e.g. seaweed, to the sprayer will improve the nutrient levels in the microgreens.

### How to Harvest Microgreens

Wait until the 2nd set of leaves appear. Cut just above ground level with scissors. Some types will regrow and can be cut several times. When a tray is finished, you can invert the soil mix, top it up with a bit of fresh soil mix and replant; add it to the compost; or offer it to the chooks.



*Beetroot microgreens*



*Buckwheat 'lettuce'*



*Available from Green Harvest*

**Safety Tip** - Use only organically certified or untreated seed to avoid seed that may have been fumigated or treated with a fungicide.

**Want to try other tasty microgreens?** Coriander, Chicory, Endive, Garlic Chives, Purslane, Lettuce - all leaf types, Orach, Parsley, Perilla, Salad Mix, Shungiku, Silverbeet, Spinach, Tatsoi are all suitable.

## MICROGREEN TROUBLESHOOTING

Problems can arise from a few factors:

**Overcrowding:** Too much seed will cause 'damping off', a fungal disease where the young plants collapse. It will also result in long, spindly stems.

**Oversoaking:** If the seeds and water they are soaking in go murky and scum forms on the surface, the seeds have soaked too long and are probably dead.

**Wrong sowing time:** It may be the wrong time of year for the seeds you are trying to grow. Some seeds will not germinate at very high or very low temperatures. Check the growing instructions on the seed packet.

**Weak, skinny microgreens:** The plants may need more sunlight or feeding. Move to a position in stronger light or try spraying with a dilute solution of *Natrakelp* or *Seaweed Plant Starter*.

## CONTAINERS FOR MICROGREENS

**Trays** should be flat with drainage holes allowing leafy microgreens to grow straight up and receive maximum light. Choose either a *Green Harvest Seedling-Sprouting Tray* or a *Microgreen Tray*. These are ideal for raising barley, oat and wheatgrass for healthy juice shots. *Drip Trays* are useful to go under the trays on the kitchen benchtop to prevent spills.



*Seedling Tray 35 x 29 cm*



*Microgreen Tray 33.5 x 14 cm*



### Microgreen Kit

Cocopeat - will fill 7 trays to 3cm deep

2 x Microgreen Trays

Organic Salad Mix

Organic Lettuce Mix

Microgreens Sunflower Seeds 25g

Drip Tray

Seaweed Plant Starter

Sprouting, Wheatgrass and Microgreen

Guide 16 page leaflet

***Available from Green Harvest***

<b>GROWING MICROGREENS</b>					
<b>Seed Type</b>	<b>Soaking Time (hours)</b>	<b>Qty Used Per Seedling Tray 35 x 29cm</b>	<b>Best Time of Year</b>	<b>Depth of Soil Mix &amp; Growing Details</b>	<b>Days to Harvest</b>
<b>Amaranth</b>	do not soak	2.5g 1 scant tsp	above 22° C; avoid cold weather	soil 2cm deep, cover with paper towel	16 - 25
<b>Purple Basil</b>	do not soak	2.5g 1 scant tsp	best above 24°C	soil 1cm deep; cover with lid; place in low light until up	16 - 25
<b>Beetroot</b>	24	12.5g 2 heaped tbsp	16 - 25°C	soil 2cm deep, cover with thin layer of soil	16 - 25
<b>Buckwheat</b>	8 - 12	12.5g 2 heaped tbsp	20 - 25°C; avoid winter	soil 2cm deep, cover with paper towel	5 - 6
<b>Cress</b>	do not soak	8g 2 tsp	16 - 25°C avoid hot weather	grow on 2-3 layers paper towel; cover with lid until up	5 - 14
<b>Dill</b>	do not soak	5g 1 tbsp	15 - 23°C	soil 1cm deep; cover with lid; place in low light until up	16 - 25 slow growing

<b>Seed Type</b>	<b>Soaking Time (hours)</b>	<b>Qty Used Per Seedling Tray</b>	<b>Best Time of Year</b>	<b>Depth of Soil Mix &amp; Growing Details</b>	<b>Days to Harvest</b>
<b>Kale</b>	4 - 8	5g 2 tsp	16 - 28°C; avoid very hot or cold weather	soil 2cm deep, cover with paper towel	16 – 25
<b>Linseed</b>	do not soak	36g 4 scant tbsp	16 - 25°C; avoid hot weather	soil 2cm deep, cover with lid	6 - 8
<b>Mustard</b>	8	2.5g 1 tsp	16 - 25°C; avoid hot weather	soil 2cm deep, cover with paper towel	15 - 20
<b>Pea Shoots</b>	8 - 12 pre-sprout	1 - 1½ cups	15 - 25°C; avoid hot weather	soil 2cm deep, cover with paper towel	10 - 14
<b>Radish</b>	6 - 12 pre-sprout	5g 2 tsp	16 - 28°C; avoid hot weather	soil 3cm deep, cover with paper towel	12
<b>Red Cabbage</b>	4 - 8	5g 2 tsp	16 - 25°C; avoid hot weather	soil 2cm deep, cover with paper towel	3 - 6
<b>Rocket</b>	do not soak	3g 1 scant tsp	16 - 25°C; avoid hot weather	soil 2cm deep, cover with paper towel	16 - 25
<b>Sunflower</b>	8 - 12 pre-sprout	1 - 1½ cups	20 - 25°C; avoid winter	soil 2cm deep, cover with paper towel	8 - 12 cut before 'true' leaves 7 - 10

## HOW TO GROW WHEATGRASS

Wheatgrass and other grasses such as barley and oats are believed to have superior, health giving qualities and contain beneficial enzymes and antioxidants. If you like the idea of adding this 'green juice' to your diet, it is a simple matter to raise the grass yourself using organic seed.

### Where To Grow:

Start the process inside, on the kitchen bench or in the laundry. Transfer to a sunny position once the grass is growing and is 2.5 - 5 cm high. As a general rule the best temperature range for growing is 20 – 25°C.

### How To Grow:

The growing medium needs to be light and airy. Good choices are organic potting mix, cocopeat or worm castings. Use a seedling tray (35 x 29 cm) or a microgreen tray (33.5 x 14 cm). Between uses sterilise by washing in hot water. Fill the tray with 2 - 3 cm of soil mix and water thoroughly. Use your fingers and check the soil is wet all the way through.

### Soaking and Pre-Sprouting:

Wash and soak the seeds for the correct time; do not over or under soak. If the seeds and water they are soaking in go murky and scum forms on the surface, the seeds have soaked too long and are probably dead. Pre-sprouting the grain in a sprouter gives more reliable results. After soaking place seed in a sprouter until tiny roots appear. Rinse at least twice a day. This will take about 2 days. The Sprout Bag is perfect for this.

### Growing Method:

Lay the pre-sprouted seeds as evenly as possible on top of the soil mix; pat down and water well. Cover by inverting another tray on top. Set the tray in a low-light, room temperature location. Check daily, water if needed. In warmer



*Wheatgrass ready to cut*



***Gluten intolerant? When sprouted you convert a grain to a green vegetable which contains no gluten.***

weather you might need to water twice a day. The **Bottle Top Waterer** is perfect for this. Once the seedlings are growing, remove the cover when growth is 5cm tall and move into direct sunlight.

### How To Harvest:

Harvest in 6 - 10 days or when 15 - 25cm tall, by cutting the grass at 2 - 3 cm above the soil and leaving the roots in the tray. Peak nutrition is reached by harvesting just prior to the 'jointing stage' which is when the plant switches from vegetative growth to reproductive growth, as the blade develops a second stem. Harvested wheatgrass can be stored for about a week but peak nutritional benefits are obtained from freshly cut grass. Trays will usually produce a 2nd and even 3rd crop - as long as you continue to water after you cut your first crop. The 2nd and (more so) the 3rd crop will not be as tender, nor usually as tall, but it is good to try growing at least a 2nd crop.

### Juicing:

A special type of juicer is required to crush the blades of grass which are too chewy for most people. The 'green juice' mixes well with celery, parsley, alfalfa sprouts, spinach, kale, dandelion or the microgreens sunflower and buckwheat.



### Hand Juicer

*Juices barley, oat and wheatgrass!*

**Available from  
Green Harvest**

## GROWING WHEATGRASS AND OTHER GRASSES

Seed Type	Soaking Time (hours)	Qty Used Per Seedling Tray 35 x 29 cm	Best Growing Season Temperature Range
<b>Barley Grass</b>	wash then soak 8 - 12	1½ - 2 cups	16 - 25°C avoid hot weather
<b>Oat Grass</b>	wash then soak 1 - 4	1½ - 2 cups	16 - 25°C, avoid hot weather
<b>Wheat Grass</b>	wash then soak 6 - 12	1 - 1½ cups	20 - 25°C; avoid hot weather



## OTHER IDEAS FOR USING SPROUTS AND MICROGREENS

### Living Bread

Often referred to as Essene bread, this sweet, highly nutritious, energy dense food is made with sprouted grain e.g. wheat, spelt, rye, barley. It is blended to a puree, mixed with dried fruit, herbs, spices and seeds then dehydrated. If nuts and seeds are used these should be soaked for at least 8 hours, drained and blended with the grain. Ingredients such as grated carrots or dried fruit should be soaked overnight, drained, mixed well with the homogenised grain, formed into a flattened loaf and baked in a slow oven for 2 hours. For crackers, roll out thinly and dry in an electric food dehydrator, at 40 - 45°C. This ensures that enzymes and minerals are not destroyed by heat.



*Sprouted Wheat Bread*

### Caged Birds and Poultry

Living growing foods like sprouts are excellent for most birds, including poultry. Even just swelling the seeds so they are beginning to show roots increases the nutritional values considerably.

**To prepare:** soak seed for 8 - 12 hours in 3 times the amount of water, drain and rinse 3 times the next day, drain for 8 - 12 hours and feed to birds.

**Suitable seeds include:** adzuki beans, mung beans, millet, buckwheat (in hull), green peas, lentils, chickpeas, fenugreek, alfalfa, red clover, mustard, radish, quinoa, amaranth and chia.

*Green Harvest Clucker Tucker™* is a hardy mix of all-important greens to keep your chooks healthy. Includes barrel medic, bok choy, buckwheat, forage chicory, clover, cocksfoot, linseed, lucerne, millet, forage plantain, silverbeet, subclover and sunflower. Where space is limited, it can be grown in a seedling tray and then placed in the chook run or bird cage. In temperate areas sow March - May or August - October. In subtropical areas sow August - September or May - July. In tropical areas sow April - August. Use 1 - 2g per seedling tray.



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