

# ALASKA MILL & FEED: GUIDE TO SPROUTING & FODDER

## SPROUTING VS FODDER

Spouts and fodder are simply different stages of the same germinated grains.

**Sprounts** are germinated seeds grown to *less than 4" in height*.

**Fodder** is grown from the same germinated seeds to a height *greater than 4" high*.

## THE BENEFITS OF SPROUTS & FODDER

- Year-round access to fresh greens regardless of the weather or outside growing conditions.
- Entertainment for bored chickens.
- Makes the vitamins, minerals and proteins in the grains more bioavailable to the chickens. Think of grains as a nutrition packet wrapped in protective packaging. When eaten as-is with the seed packaging in place, the grain is prevented from being fully utilized nutritionally. Sprouting removes that packaging, freeing up the good stuff to break down and transform into even better stuff.
- Sprouting improves the enzyme content, making it more easily digested than grains; after sprouting, a grain becomes 40-50% more digestible to the bird, which means that they are getting more nutrition and fiber than from the same amount of unsprouted grain.
- Sprouts are loaded with chlorophyll and beta-carotene, resulting in darker yolks and more nutritious eggs.

## MATERIALS NEEDED

- A plastic container with drain holes in it (any inexpensive container will do: round, square, rectangle).
- Whole grain wheat and barley are the two most commonly sprouted grains, but sprouting can be done with oats, sunflower seeds, alfalfa, lentils, clover, mung beans, soybeans, etc.
- Make sure seeds are clean, not coated, not moldy, and not pearly.
- Fresh water.

## THE PROCESS

**DAY 1:** In a large bowl or flat tray, cover the grains with fresh water and soak a minimum of 8 hours to a maximum of 24 hours.



Create holes in the chosen container that are small enough that the grain doesn't fall through them.



Rinse seeds well before leaving to soak. The water should be clear.

**DAY 2:** At the end of the soaking period, drain grains well and spread them to ¼"- ½ inch deep in chosen container.

Place container over a second, slightly larger container to allow the water to drain off the grains fully.

**SEED GERMINATION TEMPERATURE** is ideally 60-65°F. If it is too warm, mold will grow.

**DAY 3-5:** The sprouts should be watered and then drained fully twice each day for six days. It is better to slightly over water than under water. Drainage is key, do not let seeds sit in water.



**DAY 5: REMEMBER:** In order to keep your sprouted fodder growing in a cycle for fresh fodder every day, be sure to start a new batch of seeds every day.

**DAY 6-9:** The sprouted grains are ready to be fed to the flock. To harvest, flip over your tray. You can also cut the matting into smaller portions.



## ALASKA MILL & FEED POULTRY SPOUTING & FODDER

### HOW MUCH TO GROW

- 1 pound of grain will make 6 pounds of Fodder.
- 50 pounds of grain could grow 300 lbs of Fodder in 9 days.

### HOW MUCH TO FEED

*(guidelines only)*

- Horses: 2-3% of their body weight in fodder; 1.5% of body weight in dry hay.
- Beef Cows: 2-3% of body weight in fodder + complete feed ration.
- Dairy Cow: 3-5% of body weight in fodder + complete feed ration.
- Sheep: 2-3% of body weight in fodder + hay ration and/or complete feed ration.
- Goat: 2-3% of body weight in fodder + hay ration and/or complete feed to include mineral supplementation.
- Dairy Goat: 3-5% of body weight in fodder + hay ration and/or complete feed to include mineral supplementation.
- Alpaca: 2-3% of body weight in fodder + hay ration and/or complete feed.
- Pigs: 2-3% of body weight in fodder.
- Rabbit: 3-5% of body weight in fodder + hay ration for roughage or complete feed.
- Chickens: 2-3% of body weight in fodder + grit and calcium supplement and/or complete feed.

*Chickens need about 2-3% of their body weight daily in fodder, a mere 3 ounces of feed. 3 oz x 6 birds is 18 ounces daily. So the 300lbs of fodder created from one 50 pound bag of grain will feed 6 chickens for over 8 months!*

## SPROUTS & FODDER NUTRITION

Sprouts at 4 days have 85% dry matter and usually about 1.5-2 lbs per pound of original grain. So, at 1.5 lbs, that is 1.3 lbs of feed (more than fodder and the original grain).

Fodder at 8 days is 15% dry matter and 85% water. So, if you took 1 lb of grain and grew fodder with it, you get 6 lbs of fodder. But, that 6 lbs of fodder has only 0.9 lbs of actual feed, the rest is water. The original grain is 90% DM, so about 0.9lbs of feed.

So, at first glance, fodder doesn't seem to add anything. But, then digestibility comes into it. Whole grain is about 40% digestible, 4 day sprouts is 85% and Fodder is 75%.

From the figures above, that gives us the actual feed digested by the animal out of 1 lb of grain:

Whole grain - 0.36 lbs  
4 Day Sprouts - 1.1 lbs  
Fodder - 0.7 lbs

Barley is the easiest grain to grow  
Grain: 12.7% CP / 5.4% CF / 40% digestible  
Sprouts at 7 days 15.5% CF / 14.1% CF / 80% digestible.

## ALASKA MILL RECOMMENDS

Soft White Wheat Seed (#50505466)  
Vernal Alfalfa Seed (#50509868)  
Athabaskan Oat Seed (07330)  
ARRA Barley Seed (#07835)  
Scratch & Peck Organic Grains & Peas

## REFERENCES

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