

A Parrots List of Grains & Legumes You Can Sprout

- Barley
- Buckwheat
- Field Corn
- Popcorn
- Millet
- Oats
- Rice
- Wheat
- Almonds
- Cabbage
- Kale
- Fenugreek
- Fennel
- Pumpkin
- Broccoli Seeds
- Sesame
- Sunflower
- Quinoa
- Adzuki Beans
- Masoor
- Chickpeas
- Mung Beans
- Green Peas
- Grass Seeds
- Safflower
- Rolled Oat
- Flax
- Beet
- Chia
- Clover
- Maple Seeds
- Maize
- Caraway
- Mustard
- Raddish
- Hemp
- Wild Rice



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