

The chart below is to be used only as guidelines. The thorough preparation of particles is vital to ensure the safety of any fish that may eat them. If preparing particles for the first time, check their suitability for use with an experienced angler before introducing them to fish.

PRODUCT	SOAKING TIME (Hours)	BOILING TIME (Minutes)
Aduki Beans	12-18	30
Barley	6	15
Berlotti Beans	12-18	30
Black Beans	12-18	30
Black Eyed Beans	12-18	30
Brazil Nuts	24	30
Brazil Nuts (Crushed)	24	30
Buck Wheat	6	10
Chick Peas	12-18	30
Cracked Maize	4	Not required
Flaked Maize	4	Not required
French Maize	24	30
Haricot Beans	18	30
Hemp Seed	24-48	10-15/Until kernel splits
Hemp Seed (Crushed)	Not required	Not required
Maple Peas	12-18	30
Naked Oats	Not required	1
Peanuts	24	30
Pinto Beans	12-18	30
Red Kidney Beans	12-18	30
Red Maize	24	30
Sorghum (Milo)	6	30
Soya Beans	12-18	30
Sweet Lupins	24	30
Tares	12-18	30
Tiger Nuts (Jumbo)	48	30-45
Tiger Nuts (Mini)	36	30-45
Wheat	6	15

What happens when we soak and boil particles?

Most nuts, legumes and seeds contain phytic acids and enzyme inhibitors to keep them from sprouting until nature delivers the sun and rain that enables them to grow.

By soaking, they will take on water and begin to swell, enzyme inhibitors are neutralized, the beneficial enzymes are activated and the nutritional content increases significantly.

Without pre-soaking they would swell up inside the fish which is dangerous.

Although the boiling process has a denaturing effect, it is often a necessary step to halt the process of germination. Boiling also helps to soften hard hulls, kills harmful bacteria and makes them safer for the fish to eat.