



# HUMMINGBIRDS

*Facts, Tips and All About these Fantastic Flyers*



## Trivia Extras

### “HUMMINGBIRD”

Name derives from the humming sound created by their beating wings, which as they hover, flap rapidly at high frequencies audible to humans

### MIGRATION

Most hummingbirds of the U.S. and Canada migrate south in the fall to spend winter in Mexico, the Caribbean Islands, or Central America

it's not just  
what we *grow*,  
it's what  
we *know*.

## GREEN THUMB FACTS:

### *The Basics*

- Among the smallest of birds
- Most species build a cup-shaped nest on a tree branch or shrub
- The males do not take part in nesting
- They do not spend all day flying since it would require too much energy to do so
  - They spend an average of 10-15% of their time feeding and the remainder sitting and digesting
- Are capable of slowing their metabolism at night or any time food is not readily available, entering a hibernation-like deep sleep state to prevent energy reserves from falling to a critical level

### *What They Eat*

- Depend on flower nectar (mixture of glucose, fructose and sucrose) to fuel their high metabolism and hovering flight
- Can consume approximately half their weight in pure sugar in one day
- Will also prey on insects and spiders for additional protein, vitamins and mineral needs
- They can either hover or perch to feed
- Brightly-colored, tubular flowers are particularly attractive since they hold the most nectar
- Red feeders are preferred, but colored liquid is not as necessary as high sugar content in the food mixture
- Hummingbirds have virtually no sense of smell; the flowers that attract them tend to have little or no fragrance
- Instead, a flower's high visibility (brightly-colored blossoms) and concentrated nectar production characteristics attract the birds

## PLANTS TO ATTRACT HUMMINGBIRDS:

### *Annuals*

- Abutilon
- Canna
- Cleome
- Four O'Clocks
- Fuchsia
- Impatiens
- Lantana
- Morning Glory
- Nicotiana
- Petunia
- Shrimp Plant
- Snapdragon
- Verbena
- Gladiola

### *Perennials*

- Agastache
- Ajuga
- Bee Balm
- Bell Flowers
- Bleeding Heart
- Columbine
- Coral Bells
- Daylily
- Delphinium
- Dianthus
- Foxglove
- Garden Phlox
- Hibiscus
- Hollyhock
- Hosta
- Liatris
- Lobelia
- Lupine
- Maltese Cross
- Penstemon
- Poppy
- Red Hot Poker
- Salvia
- Yarrow

### *Shrubs/Vines*

- Azalea
- Butterfly Bush
- Flowering Quince
- Honey Suckle Vine
- Rose of Sharon
- Spirea
- Trumpet Vine
- Viburnum
- Weigela

136 North Avenue • Rochester, NY 14626 • (585) 225-7770  
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