



# Hummingbirds

## Facts & Tips

01

HUMMINGBIRD SEASON  
Migration & Types Seen

02

PLANTS THAT ATTRACT  
Native and Non-Native

03

FOOD SOURCE  
Nectar and Insects





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## Facts & Tips

### 01 HUMMINGBIRD SEASON Migration and Types Seen

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#### **Hummingbird Season**

August-October

#### **Hummingbirds Commonly Seen in Our Area**

Ruby Throated, Rufous, and Black-Chinned

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### 02 PLANTS THAT ATTRACT Native and Non-Native

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- Turk's Cap
- Hamelia patens
- Justicia
- Pentas
- Coral Honeysuckle
- Coral Bean
- Esperanza
- Pride of Barbados
- Red Yucca
- Salvia coccinea
- Salvia greggii
- Salvia oxyphora
- Standing Cypress
- Flame acanthus
- Bottlebrush
- Mallow Hibiscus
- Cardinal Flower
- Foxglove
- Orange Cestrum
- Mexican Firespike
- Heliconia
- Peruvian Apple Cactus
- Tangerine Beauty Crossvine
- Pineapple Sage
- Salvia splendens
- Epiphyllum
- Nasturtium
- Cigar Cuphea
- Batface Cuphea
- Agave
- Aloe



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### 03 FOOD SOURCE Nectar & Insects

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- Make sure to change your nectar solution and clean regularly! During warmer temperature we suggest doing this at least every 2-3 days.
  - To make it easier we recommend getting a feeder that is easy to clean and only putting about 2 days' worth of nectar solution in at a time!
  - Hummingbirds do not only need nectar but also need protein which they get from consuming fruit flies and other small insects!
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#### DIY Nectar Solution:

- 1/4 cup refined sugar
- 1 cup of water
- Bowl
- Spoon

#### Steps:

- 1. Mix sugar until dissolved.
- 2. Fill feeder.
- 3. Hang up your feeder outside and wait!