



## Gardening for Hummingbirds

*Where quality is always growing*

It's a very special experience when you get buzzed by a hummingbird for the first time. First, there's the double take when you're expecting a really big bug but find that it's really a tiny bird flying through. Then you won't believe your incredible luck to have experienced something so special. When you get the opportunity to watch these tiny travelers you'll be hooked, looking forward to every spring when they migrate back to our area. Here are some tips to help attract them to your garden.

### **Special Facts About Hummingbirds**

- The most common hummingbird in the Northeast is the Ruby Throated Hummingbird.
- Hummingbirds migrate north in spring from their winter homes in Central America, Mexico, and Florida.
- They beat their wings between 50 - 200 times per second.
- The hum you hear as a hummingbird flies by is the sound of their wings beating.
- They are one of the few birds that can hover.
- When escaping predators or diving, hummingbirds can reach speeds of up to 60 mph.
- The average Ruby Throated Hummingbird weighs only 3 grams or 1/8<sup>th</sup> on an ounce.
- In a day, a hummingbird can consume up to 1/2 its body weight in sugar and they feed about every 10 minutes.

### **What Attracts Hummingbirds**

- Bright red and orange color
- Tubular flowers
- Hummingbird feeders with reds and tubular feeding stations

#### **Plants that attract hummingbirds**

##### **Vines**

Honeysuckle Vine - Lonicera  
 Trumpet Vine - Campsis

##### **Perennials**

Beard Tongue - Penstemon  
 Bee Balm - Monarda didyma  
 Cardinal Flower - Lobelia cardinalis  
 Columbine - Aquilegia  
 Coral Bells - Heuchera  
 Catmint - Nepeta  
 Daylily - Hemerocallis  
 Foxglove - Digitalis  
 Hollyhock - Alcea  
 Larkspur - Delphinium  
 Lily, Oriental and Asian - Liliium  
 Lupine-Lupinus  
 Phlox, Garden - Phlox paniculata  
 Red Hot Poker - Kniphofia  
 Salvia - Salvia spp.

##### **Shrubs**

Butterfly Bush - Buddleia  
 Rhododendron  
 Yucca  
 Weigela

##### **Annuals**

Cosmos  
 Dahlia  
 Fuchsia  
 Impatiens  
 Lantana  
 Nicotiana  
 Pentas  
 Petunia  
 Salvia-Scarlet Sage  
 Snapdragon  
 Verbena  
 Zinnia