

## Hummingbird Fun Facts



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- *Hummingbirds are 3.5 inches long and weigh only 1/8 oz!*
- *The wings of a hummingbird average 52 beats per second! They are incredibly acrobatic flyers and can hover, fly sideways, fly backwards, and hang motionless in midair.*
- *Before migration hummingbirds feed intensely, increasing their body weight by 50 % to fuel their long journey. Some hummingbirds fly across the Gulf of Mexico in a single 500-mile, 18 to 22-hour long flight.*
- *Hummingbirds also feed on tiny insects and spiders for protein as well as tree sap.*
- *The nest of a hummingbird is the size of a thimble and the eggs are the size of a navy bean!*
- *Hummingbird legs are extremely short, and they are unable to walk or hop.*
- *When they sleep they go into a hibernation like state known as torpor. Their breathing, metabolism and heart rate slow dramatically, reducing energy usage by 60%!*

## Coastal Prairie Chapter Texas Master Naturalist



allaboutbirds.org

*We are a group of trained volunteers who share our appreciation and knowledge of nature with the community through outreach, education and conservation/restoration projects.*

*Visit our website for more information:*

[txmn.org/coastal](http://txmn.org/coastal)



## Hummingbirds



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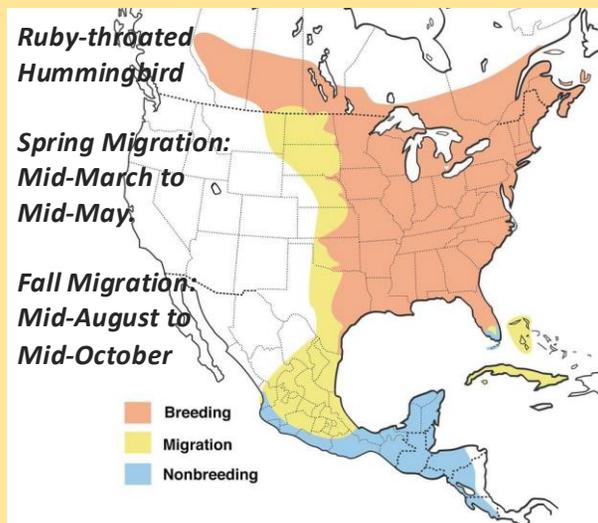


*All photos by John Donaho  
unless labeled otherwise*

## Finding Hummingbirds



Look for hummingbirds darting from bloom to bloom in flowering gardens, parks, yards, roadsides, woodland edges and prairies. Ruby-throated Hummingbirds, our most common hummingbird species, are a flash of iridescent green and red as they buzz among flowers. Watch for them during spring and fall migration.



[https://www.allaboutbirds.org/guide/Ruby-throated\\_Hummingbird/maps-range](https://www.allaboutbirds.org/guide/Ruby-throated_Hummingbird/maps-range)

Ruby-throated Hummingbirds sometimes stay all winter in the Gulf Coast region. We also sometimes see other hummingbird species such as Rufous Hummingbirds and Black-chinned Hummingbirds.

## Attracting Hummingbirds to your Yard with Native Plants



T. Geneinhardt

Hummingbirds feed on the nectar of flowering plants and are especially attracted to red tubular flowers. We can attract hummingbirds to our yards by planting nectar producing plants in our home landscaping.



Nina Ehmer

Creating a wildflower garden with plants native to our area provides food for hummingbirds and other wildlife species too, such as butterflies and other beneficial insects. Native plants that attract hummingbirds include: Scarlet Sage, Turks Cap, Cardinal Flower, Trumpet Creeper, Passion Vine and Coral Honeysuckle.



## Providing a Hummingbird Feeder

The addition of a hummingbird feeder in your backyard wildflower habitat provides an additional food source for the birds and the opportunity to enjoy great views of the hummingbirds as they feed.



Hummingbirds use a feeder specifically designed to hold a sugar water solution. Look for a red feeder that is easy to clean and hang it in an open location, so the birds will be able to find it easily and where you will be able to have a good view of the birds as they feed.

Fill the feeder with a solution of one-part white table sugar to four parts boiled water. Do not add any red food coloring. Clean the feeder and change the nectar solution every three days, more frequently during hot weather or if the sugar water turns cloudy, as this indicates mold growth which is unsafe for hummingbirds.