

## Plants for Hummingbirds

Autumn Sage, *Salvia greggii*  
Blue Mealy Sage, *Salvia farinacea*  
Cardinal Flower, *Lovelia cardinalis*  
Cigar Flower, *Cuphea ignea*  
Coral Bean, *Erythrina herbacea*  
Coral Honeysuckle, *Lonicera sepervirens*  
Cross-Vine, *Bignonia capreolata*  
Cypress Vine, *Ipomoea quamoclit*  
Desert Willow, *Chilopsis linearis*  
Firebrush, *Hamelia patens*  
Firecracker Plant, *Russelia equisetiformis*  
Flame Acanthus, *Anisacanthus quadrididus var. wrightii*  
Glossy Abelia, *Abelia grandiflora*  
Lantana, *Lantana horrida*  
Mexican Bush Sage, *Salvia leucantha*  
Mexican Honeysuckle, *Justica spicigera*  
Mexican Oregano, *Poliomintah longiflora*  
Morning Glory, *Ipomoea sp.*  
Mountain Sage, *Salvia regla*  
Queen's Wreath or Coral Vine, *Antigon leptopus*  
Shrimp Plant, *Justicia brandegeana*  
Tropical Sage or Scarlet Sage, *Salvia coccinea*  
Trumpet Creeper, *Campsis radicans*  
Turk's Cap, *Malvaviscus arboreus var. drummondii*  
White Mistflower, *Eupatorium wrightii*

## Make your own Hummingbird Nectar

1 part plain sugar  
4 parts water

Boil water in a stainless steel or enamel pan. Add sugar, stir to dissolve, and turn off heat. Cover and let cool before putting in feeder. Store in refrigerator up to one month.

## Keep Your Hummingbirds Healthy!

- ✓ Red dye or food coloring is unnecessary if your feeder is red or has red on it. The dye may be harmful to the birds.
- ✓ Never use honey, brown sugar or molasses to feed hummingbirds — it can grow fungus that is fatal to Hummingbirds.
- ✓ Clean and change your feeder at least every third day in the heat of the summer. Fermenting nectar, fungus or bacteria growing in the nectar can be dangerous or fatal to the birds.
- ✓ Fill your feeders only halfway or less. You will clean the feeders more often if you aren't wasting nectar!
- ✓ After washing your feeders, rinse all soap out thoroughly. Use diluted bleach (1 part bleach to 10 parts water) to kill fungus. Rinse well.

*Information compiled by Margie Crisp from a variety of sources. Thanks to Joan Russell, the members of BCAS and Texas Parks & Wildlife.*



# Bastrop County Hummingbirds

*Ruby-throated Hummingbirds  
&  
Black-chinned Hummingbirds*

Bastrop County Audubon Society  
[www.bastropcountyaudubon.org](http://www.bastropcountyaudubon.org)

## Bastrop County Hummingbirds

The two most common hummingbird species seen in Bastrop County are the Ruby-throated Hummingbird, *Archilochus colubris* and the Black-chinned Hummingbird, *Archilochus alexandri*. Rufous Hummingbirds are occasional winter visitors to our area and unusual visitors have included Buff-bellied, Calliope, Allen's and Anna's Hummingbirds.

Ruby-throated Hummingbirds are primarily found in the eastern half of the state but are the only common hummingbird east of the Mississippi River. The males have a ruby-red throat (gorget); metallic green back and crown; light gray belly and underparts with a forked dark brown/black tail. The female does not have the ruby-red throat but is also metallic green with grey underparts. On the female the outer tail feathers have white tips and the tail is rounded. Be aware that females of both species are very similar and difficult to distinguish from each other.

Black-chinned Hummingbirds range throughout the western United States and are common in the western half of Texas. The male Black-chinned Hummingbird has a black chin with a purple throat band and white collar. Its back and crown are metallic green and the underparts are whitish gray. The female has metallic green back and crown, whitish gray underparts, white throat with some black spots and outer tail feathers with white tips.



## Hummingbird Facts

\* Hummingbirds with their tiny bodies and high levels of activity, have the highest metabolic rates of any animals — roughly a dozen times that of a pigeon and 100 times that of an elephant! To maintain those rates, Hummingbirds have to consume their weight in nectar daily.

\* Hummingbirds are the only birds that can fly backwards! Their name comes from the humming or buzzing sound made by the rapid motion of their wings

\* The average flight speed of the Ruby-throated Hummingbird is 30 miles per hour. When in panic or distress they can reach a speed of 60 miles per hour!

\* Hummingbirds will not become dependant or “hooked” on feeders. In fact, you can help by providing food and water during droughts and right before migration when they need all the energy they can get.

\* Filling your feeder in the Fall will not make Hummingbirds stay too late! Hummingbirds will migrate whether flowers are blooming or your feeder is still out. Migrating birds will appreciate the nectar and you may be rewarded with the sight of an unusual species.

\* Hummingbirds are nectarivores, living on the nectar from flowers. But they also eat spiders and small insects for protein.

\* Ruby-throated Hummingbirds build tiny, cuplike nests out of plant fibers bound with spider silk, lined with plant down and covered with lichen on the outside. Black-chinned nests are decorated with leaves on the exterior.

\* Hummingbirds migrate to Mexico and Central America for the winter and some fly all the way across the Gulf of Mexico, an incredible feat for such a small bird.

### IDENTIFICATION TIP:

Black-chinned Hummingbirds “pump” or use their tails often when hovering and feeding.

Ruby-throated Hummingbirds do not pump the tail much when coming to a feeder or plant!

### MEMBERSHIP INFORMATION

For more information about the Bastrop County Audubon Society, call Priscilla Jarvis at 512-281-2762 or visit the BCAS web site:

[www.bastropcountyaudubon.org](http://www.bastropcountyaudubon.org)