



## How to Help

# Anna's Hummingbird

Anna's Hummingbirds are commonly seen in urban and suburban communities along the West Coast of North America and as far east as New Mexico. Like all North American hummingbirds, Anna's are easily attracted to hummingbird feeders where they can be readily observed. Any reasonably stocked garden in bloom is likely to attract its share of visitors as well. In much of their range, Anna's are often year-round residents, which is unusual for a hummingbird.

## What Anna's Hummingbirds Need

**Food:** Anna's Hummingbirds spend most of their foraging time exploring for nectar from flowers or feeders. They seem to prefer red tubular flowers, but are attracted to a wide range of native or introduced flowers. Tree tobacco and Blue Gum, non-natives that bloom in winter, may help birds overwinter in suburban yards. Anna's Hummingbirds also consume insects to supplement their diet of nectar. Insects contribute protein to the birds' diet, which cannot be obtained from nectar.

**Nesting:** Females build their nest on horizontal twigs or branches 6-20 feet up in a deciduous tree in brushy areas or yards near feeders, hummingbird gardens, or other source of nectar.

**Shelter:** Roosts and sleeps on tree branches. Spends up to 81% of the day time sitting in trees. Preferred roosting and sleeping sites need more study.

**Other:** Cats can pose a serious threat to hummingbirds. Birds may also collide with picture windows.

## How You Can Help

- Put up and maintain a hummingbird feeder filled with fresh sugar water (one part sugar to four parts water). This solution can spoil rapidly in hot weather; therefore feeders should be cleaned thoroughly (without soap, which can sicken birds) and refilled every two days when the temperature rises.
- Plant a hummingbird garden with native and non-invasive flowering plants including numerous species of hummingbird mint (*Agastache* sp.), columbine (*Aquilegia* sp.), hummingbird trumpet (*Zauschneria arizonica*), beardtongue (*Penstemon* sp.), foxglove (*Digitalis purpurea*), and bush sage (*Salvia* sp.).
- Avoid using pesticides in your flower garden, as this depletes the insect supply for hummingbirds and other birds, and can lead to direct poisoning of birds.
- Plan to include at least one landscape tree—preferably a native oak—in your property. If you already have this feature, plan your hummingbird garden in proximity to the tree.
- Include native trees in your landscaping.
- Keep pet cats indoors to keep them safe from outside hazards and to protect the birds.
- Screen windows or make them visible to birds by placing small stickers every 2 x 4 inches on the outside of the window.