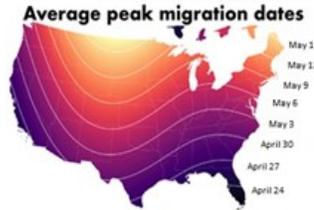


BACK TO NATURE



Birds On The Move

Migratory birds are coming and going, near and far.

Some birds live in our area year round. Others are just passing through between their winter and summer homes. The second Saturday in May is **Migratory Bird Day** when we celebrate these fair-weather friends.

One migratory bird you can see is the **ruby-throated hummingbird**.



Go Outside

Hummingbirds are tiny but powerful. They can flap their wings up to 90 beats per second and travel 23 miles in one day. To do this they need to eat – a lot! They will feed every 15 minutes, visiting over 1,000 flowers each day.

How does a hummingbird's flight compare to other birds?



Learn more cool facts about the ruby-throated hummingbird [here](#). Check out this [map](#) tracking this year's hummingbird migration.



Make a super simple **hummingbird feeder** using a red Solo cup. Cut a half-moon shaped hole on each side, fill with nectar and hang with string outside. Keep debris and bees out by covering the top with plastic wrap secured with a rubber band.



To make hummingbird food/nectar, mix 1/4 cup refined white sugar with 1 cup boiling water, cool, then fill your feeder.



Clean your feeder every 2—3 days.

More birds arriving include (l to r): orioles, catbirds, and goldfinches.



Use the [eBird](#) app to learn which birds are migrating through the area.

But juncos are leaving.



You can find other DIY hummingbird feeder designs online. Or purchase a fancy feeder from a bird store like [Wild Birds Unlimited](#).



Don't forget to take photos and share on Facebook and Instagram using these hashtags:
#casbacktonature #casnatureplay

Make your garden hummingbird friendly.

Attract hummingbirds naturally by planting nectar-bearing native plants: phlox, coral bells, butterfly weed, geranium, bee-balm, cardinal flower, and trumpet honeysuckle.



If you don't have a garden, use flower pots!

Learn more about hummingbirds and their habitat [here](#).

Buy Bird Friendly Coffee

Bird Friendly® coffees are planted under a canopy of trees that provide shelter and food for migratory and local birds. Learn more about and purchase Smithsonian Migratory Bird Center certified coffees online through the [National Audubon Society](#).

