Help the birds find their favorite plants. Use a different color for each bird!

Hummingbirds have long, slender beaks and tongues which they use to get sweet nectar from deep inside tubular shaped flowers. They are most attracted to red and pink colors. Some of their favorite flowers are Honeysuckle, Penstemon, Red Morning Glory, Skyrocket and Hyssop.

Hummingbirds help the plants that feed them by pollinating the flowers just like bees do.

Birds and Plants Activity Book

Hummingbird
I like flower nectar!

Birds prefer different plants just like you and I like different foods. Birds and plants can help each other. Here are three birds that have beneficial relationships with the plants that provide them with food.
**Lesser Goldfinch**

I like flower seeds!

The Lesser Goldfinch are real acrobats. They love flowers with large seedheads. Their weight bends the stems over so they end up hanging upside down as they pluck the seeds. Invite these little acrobats to your garden by planting Blanket Flower, Mexican Hat and Sunflower.

The Goldfinch help the plants by spreading the seeds as they feed.

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**Piñon Jay**

I like piñon nuts!

It’s not surprising that Piñon Jays like piñon nuts. That’s how they got their name. They reside in piñon pine forests and move through the trees in noisy flocks looking for their favorite food. The small cones that produce the large seeds open wide inviting the jays to dine. When piñon crops are plentiful and there are too many nuts to eat they will bury them in open areas were they can find them later.

Piñon Jays help the Piñon Pines by burying the nuts in open areas away from the parent tree. They don’t remember where they buried all the nuts so the forgotten nuts germinate and grow into new trees which fill in the open areas.

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Make your back yard Bird Friendly. Visit our website at www.swnmaudubon.org