

# Hummingbird Plants

## Gray Barn Green Thumb Guide



Watching hummingbirds buzz through the garden is an enchanting experience. Their sound and movements are unlike anything else in nature and that uniqueness is what draws us to them. Here are some hummingbird facts-

- We have two hummingbirds in the Northwest, the Anna and the Rufus. Anna is a year round resident.
- Hummingbirds flap their wings 55 times per second, with a normal flight speed of 25 mph.
- Hummingbirds live about four years.
- Hummingbirds have a fast heartbeat and breath rate and a high body temperature. They must feed every 10 minutes and consume 2/3 of their body weight a day.
- Hummingbirds feed mostly on nectar but eat bugs for protein.

Hummingbirds like to feed on tubular flowers that they can dip their long beaks into. To keep the Anna hummingbird around during the winter, it is important to plant flowers in your garden that provide food for them year round. The following plants are a hummingbird favorites. They are organized by season to ensure your hummingbirds are fed year round.

### Winter

Flowering Currant	Ribes sanguineum
Oregon Grape	Mahonia
Strawberry Tree	Arbutus
Viburnum	Viburnum
Witch hazel	Hamamelis

### Spring

Bleeding Heart	Dicentra
Blueberry	Vaccinium
Cat Mint	Nepeta
Columbine	Aquilegia
Foxglove	Digitalis
Hollyhock	Alcea
Lady's Mantle	Alchemilla

Pincushion Flower	Scabiosa
Pinks	Dianthus
Sage	Salvia
Speedwell	Veronica
Spiraea	Spiraea
Thrift	Armeria

## Summer

Beardtongue	Penstemon
Bee Balm	Monarda
Begonia	Begonia
Butterfly Bush	Buddleia
California Lilac	Ceanothus
Cape Fuchsia	Phygelius
Coral Bells	Heuchera
Flowering Maple	Abutilon
Foamy Bells	Heucherella
Fuchsia	Fuchsia
Glossy Abelia	Abelia
Hibiscus	Hibiscus
Honeysuckle	Lonicera
Impatiens	Impatiens
Larkspur	Delphinium
Lobelia	Lobelia
Lupine	Lupinus
Million Bells	Calibrachoa
Montbrieta	Crocsmia
Petunia	Petunia
Phlox	Phlox
Red Hot Poker	Kniphofia
Yucca	Yucca

## Fall

Bluebeard	Caryopteris
Cone Flower	Echinacea
Hyssop	Agastache