



Attracting Ruby-Throated Hummingbirds



The Ruby-throated Hummingbirds are the only species we have the privilege to attract into our gardens in NE Ohio. These beautifully bejeweled birds enjoy **nectar rich, tubular or trumpet shaped flowers** in their favorite colors of **red, deep pink and orange**. They also appreciate hummingbird feeders filled with clear sugar water solution (1 part table sugar: 4 parts water). To entice these beneficial creatures into your garden as they are traveling from Central America to southern Canada plant a good assortment of these hummingbird attractive plants listed below, keep feeders clean, cool, full and out of reach of outdoor cats. You will be able to delight in these creatures for years to come!

Annuals

Antirrhinum spp. (Snapdragon)
Calibrachoa spp. (Million Bells)
Canna spp.
Cleome spp.
Dianthus spp. (Annual Pinks)
Fuchsia spp.
Hibiscus spp. (tropical)
Impatiens spp.
Ipomoea spp. (Morning Glory)
Lantana spp.
Nicotiana spp. (Tobacco Flower)
Pelargonium (Annual Geranium)
Penta spp.
Petunia spp.
Salvia spp. (Red-flowering or herb
Pineapple Sage)
Tropaeolum spp. (Nasturtium)
Verbena spp.
Zinnia spp.

Perennials

Agastache spp. (False Hyssop)
Ajuga spp. (Bugleweed)
Alcea spp. (Hollyhock)
Aquilegia spp. (Columbine)
Asclepias spp. (Butterfly Weed)
Campanula spp. (Bellflower)
Crocasmia spp.
Delphinium spp.
Dianthus spp. (Hardy Pinks)
Dicentra spp. (Bleeding Heart)
Digitalis spp. (Foxglove)
Hemerocallis spp. (Daylily)
Heuchera spp. (Coral Bells)
Hibiscus spp. (hardy)
Hosta spp.
Iris spp.
Knifophia spp. (Red-hot Poker)
Liatris spp. (Gayfeather)
Lilium spp. (Lilies)
Lobelia cardinalis (Red Lobelia)
Lupinus spp. (Lupine)

Perennials continued

Monarda spp. (Bee Balm)
Nepeta spp. (Catmint)
Penstemon spp. (Beardtongue)
Phlox spp. (Creeping or Garden)
Physostegia spp. (Obedient Plant)
Salvia spp. (Meadow Sage)
Scabiosa spp. (Pincushion Flower)
Silene spp. (Champion/Catchfly)

Trees, Shrubs & Vines

Aesculus spp. (Buckeye/Horsechestnut)
Buddleia spp. (Butterfly Bush)
Campsis spp. (Trumpet Vine)
Cercis spp. (Redbud)
Chaenomeles spp. (Flowering Quince)
Hibiscus spp. (Rose of Sharon)
Lonicera spp. (Honeysuckle)
Rhododendron spp. (Azalea)
Syringa spp. (Lilac)
Weigela spp.
Yucca spp.

Amazing Facts about Ruby-Throated Hummingbirds:

- 340 species of hummingbirds in the world, 10 species occur in the U.S., only the **Ruby-Throated** breed east of the Mississippi.
- They are **omnivores that prefer nectar**, but also eat tree sap, pollen, spiders, beetles, flies, gnats, mosquitoes, weevils & aphids.
- A hummingbird can fly forward, backward, upside-down, and at speeds up to **25-60 miles per hour!**
- Hummingbird's wings beat **53 to 200 times/second**. They have **1 wing joint**, (most birds have 3 wing joints), similar to insects. Their wing structure accounts for **50% of their total body weight** & pectoral muscles account for 25%, (5% in humans).
- A hummingbird's heart beats **1,260 times/minute during exercise**, at rest 50-250 beats/minute.
- In flight, hummingbirds burn 8 times the energy they use while at rest, almost **feeding constantly** during the day.
- Hummingbirds consume calories at a rate 50 times greater than humans. We would have to **eat 285 lbs. of hamburger, or twice our body weight in potatoes a day** to match that.
- A hummingbird's body temperature drops from 104°F during the day, to 50°F at night. To conserve energy, hummingbirds go into a state of hibernation called **torpor**. Torpor lasts 8-14 hours. When their body temperature reaches 86°F, they can fly again.
- Each fall/spring they **migrate, approximately 500 miles**, nonstop, across the Gulf of Mexico.
- Males have a red patch on their throat called a **gorget** (gor-jet) to blend in with the flowers as predators watch from below.
- Females build the nest (the size of a half-dollar) out of moss, lichen and spider webs, incubate the eggs (clutch size is usually two eggs the size of small, white jelly beans), feed and rear their young (20-40 days), and are **unaided by the males**.
- Hummingbirds sit on their eggs for **12-14 days**, the shortest incubation time for any bird!
- Adult Ruby-Throats weigh 3-4 grams, measure 3-3.75" long, and **live an average of 3 years** (longest recorded is 9 years).

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