

# Gray Barn Green Thumb Guide



## Hummingbird Plants



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 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
Virburnum .....	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

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## Summer

Beardtongue ..... Penstemon  
Bee Balm..... Monarda  
Begonia ..... Begonia  
Butterfly Bush..... Buddleia  
California Lilac..... Ceanothus  
Cape Fuchsia ..... Phygellus  
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..... Crocosmia  
Petunia..... Petunia  
Phlox..... Phlox  
Red Hot Poker ..... Kniphofia  
Yucca..... Yucca



## Fall

Bluebeard ..... Caryopteris  
Cone Flower ..... Echinacea  
Hyssop ..... Agastache