



# Be ImagiNATIVE!

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## Create a Hummingbird Garden in the Monterey Bay with California Natives

It is estimated that hummingbirds need to consume the nectar from between 1,000 to 2,000 flowers each day, taking up around 1.5 times their body mass in water each day as they feed. Unfortunately, development and urban sprawl have caused much of the hummingbird-friendly habitat containing these nectar-producing plants to disappear all across the country and across the birds' migration routes.

Planting a hummingbird-friendly garden can help reduce the impact of disappearing habitat. It's easy and will provide hours of enjoyment as you welcome these ever-active, diminutive visitors to your garden.

A hummingbird-friendly garden requires three key elements - nectar-producing flowers, insects and water.

### **Nectar-producing flowers**

Natural nectar provides hummingbirds with a steady supply of fast energy and a balanced source of micro-nutrients. Native plants can provide significantly more nectar than cultivated hybrids. Native plants may also require less maintenance, less fertilizer and less water than many non-native plants.

Choose plants that hummingbirds prefer. These are generally odorless with tubular flowers. Red flowers are especially attractive to them, followed by oranges and pinks, purples, blues, and yellows. Beware of exotics like bougainvillea, which only trick hummingbirds into wasting precious energy trying to drink from empty blossoms.

Group similar plants together and choose annuals and perennials with different blooming periods. With a little planning, you will be able to provide a steady supply of flowers and nectar nearly year round.

Fill as much of your yard as possible with flowering plants, vines, shrubs, and trees. If you do not have a garden, even a window box or hanging basket can attract hummingbirds!

Encourage your neighbors to make their yards hummingbird friendly too. An entire corridor of habitat is much more valuable than scattered patches.

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### Insects

Hummingbirds need protein from pollen and insects to maintain their bodies and grow new feathers. They have specialized neck muscles that help them take insects from the air. They also catch insects from leaves and spider webs. In this way they can also help control some of the bugs in your garden!

Attract insects for the hummingbirds by maintaining a healthy ecosystem in your yard. You can do this by:

- **Eliminating pesticides.** Spiders and insects like mosquitoes, aphids, and gnats are an important part of an adult bird's diet, and young hummers still in the nest feed on them almost exclusively.
- **Planting insect-pollinated flowers** as well as plants that hummingbirds pollinate.

### Water

Hummingbirds like to bathe frequently, even in the pools of droplets that collect on leaves. Provide your yard with a constant source of water from a drip fountain attachment or a fine misting device.

### Hummingbirds in the Monterey Bay

What kinds of hummingbird do we have in the Monterey Bay area?

Anna's hummingbird is a year-round resident in the Monterey Bay. The male is dark green with a red head and throat. The female may have a few iridescent feathers on her throat, but is much less showy.

We also have three migratory hummingbirds – the black-chinned hummingbird, the rufous hummingbird and Allen's hummingbird. These all visit the Monterey Bay from early spring through summer.

### Further Information Sources

Audubon Society: [www.audubon.org](http://www.audubon.org)

The Hummingbird Society : [www.hummingbirdsociety.org](http://www.hummingbirdsociety.org)

National Wildlife Federation: [www.nwf.org](http://www.nwf.org)

Bauer Nancy, 2001, *The Habitat Garden Book – Wildlife Landscaping for the San Francisco Bay Region*, Coyote Ridge Press

Merilees Bill, 2000, *The New Gardening for Wildlife*, Whitecap Books

Carroll S and Salt SD, 2004, *Ecology for Gardeners*, Timber Press



## Create a Hummingbird Garden with California Natives

### Nectar-Producing California natives for the Monterey Bay that attract hummingbirds

Botanical name	Common Name	Height	Flower Color	Bloom Period	Exposure			Soil Moisture		
					Sun	Partial shade	Shade	Dry	Medium	Wet

#### Perennials:

<i>Aquilegia formosa</i>	Western columbine	15-36"	Red & yellow	May-Sep		X	X	X	X	
<i>Castilleja</i> spp.	Indian paintbrush	6-15"	Red, orange	May-Aug	X			X		
<i>Cirsium occidentale</i>	Cobweb thistle	2-3'	Deep red	May-Jun	X			X		
<i>Cynoglossum grande</i>	Hound's tongue	To 2ft.	Blue	May-Apr		X	X	X	X	
<i>Delphinium cardinale</i>	Red larkspur	2-4'	Bright red	May-Jun	X			X		
<i>Dudleya</i> spp.	Bluff Lettuce	6-8"	Yellow-orange	Apr-Jun	X	X		X		
<i>Epilobium canum</i>	California fuchsia	6-24"	Red	Jul-Oct	X			X	X	
<i>Heuchera maxima</i>	Island alumroot	6-30"	White-pink	May-Aug		X		X	X	
<i>Heuchera micrantha</i>	Alumroot	6-15"	White or pink	May-Jun		X	X	X	X	
<i>Isomeris arborea</i>	Bladderpod	2'	Yellow	May-Sep	X			X	X	
<i>Lilium pardalinum</i>	Lily	1-5'	Orange	May-Aug		X	X	X	X	
<i>Penstemon heterophyllus</i>	Meadow penstemon	6"-15"	Blue-blue-pink	May-Sep	X			X	X	
<i>Penstemon spectabilis</i>	Royal penstemon	2-3'	Pink	May-Sep	X			X	X	
<i>Salvia spathacea</i>	Hummingbird sage	2-3'	Rose-pink	Mar-May		X		X	X	
<i>Satureja mimuloides</i>	Wild savory	4-6"	Orange-red	May-Jul		X	X		X	X
<i>Scrophularia californica</i>	California bee plant	3-4'	Maroon	Feb-Jul	X	X		X	X	
<i>Silene californica</i>	Indian pink	1'	Scarlet-red	May-Jul		X		X	X	
<i>Silene laciniata</i>	Fringed Indian pink, Catch fly, Southern Indian pink	1'	Red	May-Jul	X	X		X	X	
<i>Stachys bullata</i>	Wood mint	8-12"	Pink	Apr-Jun		X	X	X	X	

#### Shrubs:

<i>Arctostaphylos</i> spp.	Manzanita species	Varies	White-pink	Jan-Feb	X	X		X		
<i>Chilopsis linearis</i>	Desert willow	6-20'	Rose-lavender	Jun-Jul	X				X	X
<i>Galvesia speciosa</i>	Island snapdragon	To 3'	Red	May-Sept	X	X		X	X	
<i>Lavatera assurgentiflora</i>	Island tree mallow	4-6'	Rose-purple	Feb-Dec	X			X	X	
<i>Lepechinia calycina</i>	Pitcher sage	1-4'	Lavender	Apr-Jun	X	X		X		
<i>Lonicera involucrata</i>	Twinberry	3-10'	Yellow & red	Apr-Jun		X	X		X	
<i>Mimulus aurantiacus</i>	Sticky monkeyflower	3-5'	Orange	Mar-Aug	X	X		X	X	
<i>Monardella villosa</i>	Coyote Mint	1-2'	Purple	May-Jul	X	X		X	X	
<i>Ribes malvaceum</i>	Chaparral currant	10'	Pink-purple	Oct-Mar	X	X		X	X	

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					Sun	Partial shade	Shade	Dry	Medium	Wet
<i>Ribes sanguineum</i> and its many selections	Pink flowering currant	10'	Pink-rose	Feb-Apr		X	X	X	X	
<i>Ribes speciosum</i>	Fuchsia-flowering currant	3-5'	Red	Mar-Apr	X	X		X	X	X
<i>Salvia clevelandii</i>	Cleveland Sage	2-5'	Lavender-blue	May-Aug	X			X		
<i>Salvia</i> 'Aromas'	Aromas sage	3-4'	Lavender-blue	Apr-Jun	X			X		
<i>Salvia</i> 'Allen Chickering'	Allen Chickering's sage	3-4'	Lavender-blue	Apr-Jun	X			X		
<i>Salvia</i> 'Winifred Gilman'	Winifred Gilman's sage	3-4'	Dark blue-purple	Apr-Jun	X			X		
<i>Salvia</i> 'Poza Blue'	Poza Blue sage	3-4'	Blue-purple	Apr-Jun	X			X		
<i>Salvia leucophylla</i>	Gray sage, Purple sage	3-4'	Light pink	Apr-Jun	X			X		
<i>Salvia leucophylla</i> 'Amethyst Bluff'	Amethyst Bluff gray sage	3-4'	Dark rosy pink	Apr-Jun	X			X		
<i>Salvia leucophylla</i> 'Figueroa'	Figueroa gray sage	3'	Rosy pink	Apr-Jun	X			X		
<i>Salvia leucophylla</i> 'Pt Sal'	Point Sal's gray sage	2'	Rosy-pink	Apr-Jun	X			X		
<i>Trichostema lanatum</i>	Woolly blue curls	3-5'	Purple-blue	May-Aug	X			X		
<i>Vaccinium ovatum</i>	Huckleberry	3-10'	White-pink	Mar-May		X	X		X	

### Vines:

<i>Lonicera hispidula</i>	Honeysuckle	8'	White	May		X	X	X	X	
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