

# A Quick Guide to Hummingbirds

The **ruby-throated hummingbird** is the only species of hummingbird that breeds in Massachusetts.






They can flap their wings **53** times per second.

**Males** have ruby-colored throats while **females** and **juveniles** do not.



## Care & Feeding

In order to survive, hummingbirds must consume more than their own weight in nectar and insects every day! How can you help?

-  To make nectar, mix 4 parts boiling water with 1 part sugar. Let it cool before filling your feeder.
-  Red dye isn't necessary—they are attracted to the color of the feeding ports, not the nectar.
-  Clean your hummingbird feeders at least once a week to prevent mold and bacteria growth.
-  Got ants? No problem! Hummingbirds will gobble them right up—Surf & Turf!
-  Put feeders out in late April or early May. Take them down before the nights start to freeze.



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For more information, visit  
[massaudubon.org/hummingbirds](http://massaudubon.org/hummingbirds)