by Kyle Regeling

Ever wonder how to be perfectly satisfied with your garden?

The answer lies within the creation of a landscape that is a beautiful, vibrant space while also contributing functionally to the local ecosystem; A garden that serves two purposes.

Each gardener, from beginner to experienced, can easily accomplish this by adding a few plants to an existing garden or by starting a whole new project.

An effective way to develop a functional garden is by selecting

plants that provide food for birds and pollinators. In this case, let's consider how to design a landscape for the zippy, little Ruby-throated Hummingbird.

Here in Ontario, the Rubythroat is the only breeding species native to our region. This tiny bird tips the scales at no more than six grams and can flap its wings more than fifty times a second. Amazingly, the Ruby-throated Hummingbird migrates from Central America and often will take a route flying over the Gulf

of Mexico in one attempt. This courageous first leg takes the hummingbird 18-22 hours of non-stop flight to complete. Quite an ambitious little bird!

Hummingbirds

What they eat

Hummingbirds' primary food source is the sweet nectar from flowers, trees and shrubs. Although they consume large amounts of nectar they add protein to their diet by eating insects and spiders. Surprisingly, the Ruby-throated Hummingbird is a flycatching aficionado and will even feast upon pesky mosquitos.

Providing food

There are a handful of key points to think about when designing a space to naturally provide food for a hummingbird.

They are accustomed to feeding for generations from native flowering plants in Ontario making them a natural and ideal choice for species selection.

In many cases, cultivated varieties may look showy (Continued on next page)

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