



RUBY-THROATED HUMMINGBIRD








Scientific name: Archilochus colubris

Description: Ruby-throats can grow up to 3.5" long and weigh an average of 4 grams (less than a nickel!). Both the males and females are green with white chests and bellies, but only males have ruby-colored throats while the females have white throats.

*Hummingbird photo by Austin Ogolsky, KidsGardening 2020 photo contest entry

FUN FACTS

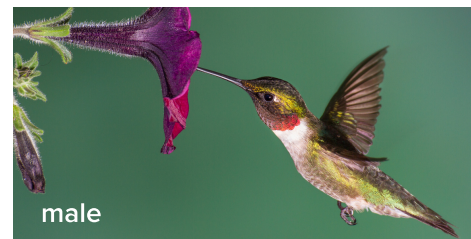


-  Ruby-throated hummingbirds have very fast metabolisms! Their heart can beat up to 1,200 times per minute and they can take about 250 breaths per minute.
-  During their migration from the Eastern U.S. to Central America, the birds fly nonstop over the Gulf of México, covering 500 miles in 20 hours.
-  They are the only breeding hummingbird in Eastern North America and are the most widespread among all 339 hummingbird species.
-  Ruby-throats consume up to twice their weight in food (nectar, insects, and tree sap) every day.
-  Their nests are the size of a thimble and take 6-10 days to build. They are made with various plant parts, bound with spider silk, lined with plant fibers (such as dandelion), and have lichen on the exterior.



HABITAT

In the summer, Ruby-throats can be found in North America's deciduous woodlands and Canada's southern prairies. In the fall, they begin their migration to spend the winter in the tropical climate of Central America.



male



female

HELP HUMMINGBIRDS THRIVE



Mix 1 part white sugar with 4 parts water to make "nectar" for your hummingbird feeder. Do not add food coloring. Drain, wash, and refill the feeder every few days.

FAVORITE COLORS

Red and orange flowers

FAVORITE PLANTS

Nectar-rich and tubular flowers such as trumpet vine, columbine, jewelweed, petunia, morning glory, coral honeysuckle, buckeye, and cardinal flower





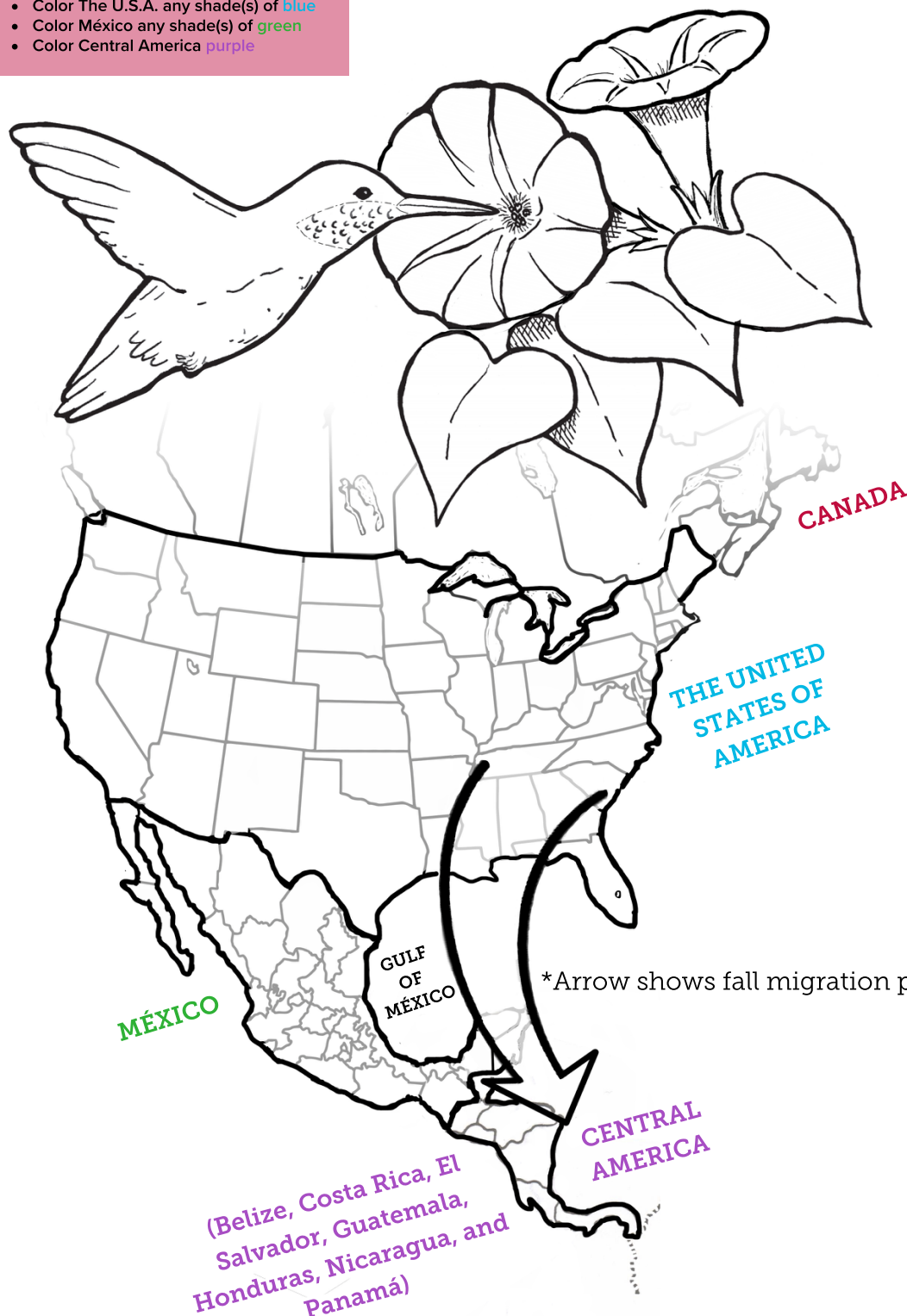
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COLOR THE MAP



- Color Canada any shade(s) of **red**
- Color The U.S.A. any shade(s) of **blue**
- Color México any shade(s) of **green**
- Color Central America **purple**



*Arrow shows fall migration path.