



## HUMMING BIRD NECTAR RECIPE and FEEDING TIPS

### Hummingbird Nectar

4 parts water\*  
1 part sugar\*\*

Two preparation methods:

1. Using hot tap water, stir sugar into the water and stir for 3 minutes, or until all sugar is dissolved.
2. Heat to a rolling boil, and boil for three minutes. If using the boil method, add a bit more water to account for water evaporation.

While boiling the water will help slow the fermentation of the nectar initially, the nectar in hummingbird feeders is contaminated as soon as it is sipped by a bird. Therefore, it is not necessary to boil the nectar once the sugar has been dissolved. If you use extra fine sugar, no boiling or heating may be needed.

With either method, let cool completely prior to filling your feeder. Cover and refrigerate extra nectar for up to two weeks.

\*Water – Use only regular tap water, well water, or bottled spring water. Distilled water is stripped of natural minerals. Conversely, water softeners can add certain salts and minerals to water. Do not use distilled water or water processed through a water softener.

\*\*Sugar – Use only natural table sugar; either the cane or beet variety. Never use artificial sweeteners, brown sugar, raw sugar, food coloring, or honey. Hummingbirds cannot digest honey as efficiently as nectar, and honey will ferment and grow mold more quickly than regular sugar.

During spring and fall migration; a more concentrated mixture of 1 part sugar to 3 parts water will provide extra calories hummers need to make longer flights, and will not harm the birds.

Take hummingbird feeders down in mid-to-later October. After two weeks of no activity, they can be taken down for the winter.