



# OGDEN'S DESIGN & PLANTINGS, INC.

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TEL: (631) 473-5064

## HUMMINGBIRDS

### Design & Installation:

- Natural Gardens
- Japanese Gardens
- Bed Maintenance
- Therapeutic Gardens
- Paths & Patios
- Stone & Brickwork
- Specialty Gardens
- Seasonal Color & Interest

### June To-Do List:

- Remove flower heads from spring bulbs
- Prune shrubs that have finished flowering
- Prune privets and yew
- Remove spent flowers from rhododendrons
- Set houseplants outside in protected area
- Fertilize roses and annuals
- Finish planting tuberous begonias and caladiums outdoors in shade

### Ogdenwords:

**Nectar:** The saccharine secretion of a plant which attracts the insects or birds that pollinate the flower.

**Migrate:** To pass periodically from one region or climate to another, as certain birds, fish and animals do.

**Perennial:** (of plants) having a life cycle lasting more than two years.

Hummingbirds are one of those birds that everyone loves and we can help you to encourage their presence in your garden. Did you know there are approximately 340 species of hummingbirds in the world? Only one is commonly seen on Long Island, the ruby throated hummingbird. This is the only hummingbird that breeds in continental North America east of the Mississippi and the Great Lakes. The ruby throated hummingbird generally starts appearing on Long Island in April.

This year the first sighting we heard of was in Head of the Harbor on April 9th.

The ruby throated hummingbird is tiny, averaging 3.5 inches in length and weighing only 1/8 ounce. It has a heart rate of 250 beats per minute when resting and 1200 beats when feeding/ flying. In normal flight its wings beat 53 times per second. It flies at 30 mph and can go up to 63 mph in a dive. They are the only bird that can fly backwards! Its' lifespan ranges from 3 - 5 years.

The ruby throated hummingbird winters in Mexico, Central America and in the Caribbean. In spring, they start migrating north, crossing the Gulf of Mexico in one go which can take between 18 and 20 hours. That's amazing when you consider their size and the fact that each day they need to consume more than their own weight in nectar to sur-

vive. Hummingbirds drink flower nectar and eat insects and spiders for protein, vitamins and minerals. Like bees they can assess the amount of sugar in the nectar, preferring more than 10% sugar. Before migrating they store fat to serve as fuel on the long journey, needing to double their weight to complete the journey.

Some of the plants most loved by hummingbirds are annual salvias. They



include *Salvia guaranitica* (see Plant Pick below), *Salvia chiapensis* and *Salvia greggii*. They also like tropical plants such as *Calliandra hematocephalus*, *Russelia equisetiformis* and *Bougainvillea*. Other plants to have

are *Ipomea quamoclit* (Cypress vine) and *Ipomea multifida* (Cardinal vine). A great perennial is *Lobelia cardinalis*. For a great list of hummingbird-loving plants check out the website [www.lihummer.org](http://www.lihummer.org), the Baiting Hollow Hummingbird Sanctuary located on Long Island. This is a private nature preserve run by Paul Adams. He opens his gardens during the summer, to teach about hummingbirds. Check the website for specific details on when to go.

Don't forget to come to our seminar on Sunday, June 12th at 11am. You will learn more about which plants hummingbirds love and there will be the opportunity to purchase plants.

**BEAT THE HEAT WITH OGDEN'S (631) 473-5064**



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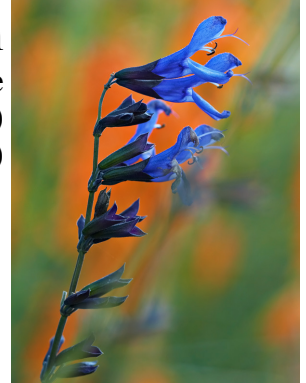
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## Plant of the Month

**Common Name:** Hummingbird Sage or Anise-Scented Sage

**Scientific Name:** *Salvia guaranitica* (SAL-vee-uh gwar-uh-NYE-tik-uh)

**Family Name:** (Lamiaceae)



**Description:** Semi woody perennial with bushy open form.

**Mature Size & Growth Rate:** 3-5 feet tall and just as wide.

**Flower:** Flowers are medium/dark blue, tubular (2 inches long) and borne in showy 10 inch spikes from early summer to late autumn.

**Cultural Requirements:** Prefers partial shade to full sun. Needs moderate water especially in full sun in summer.

**Native Habitat:** Native to Brazil, Paraguay and northern Argentina.

**Additional Comments:** A reliable bloomer throughout the summer. Loved by hummingbirds and butterflies. Can only be grown as an annual on Long Island.