

HUMMINGBIRD FOOD PLANTS FOR BAY AREA LANDSCAPES



Three hummingbird species are common to the Bay Area:

- Anna's Hummingbird male with green back and red crown
- Allen's Hummingbird male with green crown and red throat
- Rufous Hummingbird male with rufous back and red throat

To thrive, hummingbirds need an abundance of flowers in bloom throughout the year with copious nectar. They fiercely defend a territory so need shrubs, trees and other natural barriers to separate territories and provide perching sites. A water source is also necessary. Hummingbirds also eat small insects as a source of protein in their diet and use spider webs to build their nests.

SHRUBS

- Autumn Sage
- Butterfly Bush
- Bottlebrush
- California Rhododendron
- Cleveland Sage
- Common Monkey Flower
- Fuchsia-Flowering Gooseberry
- Manzanitas
- Pineapple Sage
- Penstemon
- Red Flowering Currant
- Sticky Monkey Flower
- Scarlet Monkey Flower

- Salvia greggii*
- Buddleia davidii*
- Callistemon* spp.
- Rhododendron californica*
- Salvia cleavelandii*
- Mimulus cardinalis*
- Ribes speciosum*
- Arctostaphylos* spp.
- Salvia elegans*
- Penstemon cordifolius*
- Ribes sanguineum*
- Diplacis aurantiacus*
- Mimulus cardinalis*

HERBACEOUS PERENNIALS

- Agapanthus
- California Fuschia
- Columbine
- Delphinium
- Island Bush Snapdragon

- Agapanthus*
- Zauschneria californica*
- Aquilegia formosa*
- Delphinium* sp.
- Galvezia speciosa*

TREES

- California Buckeye
- Citrus
- Madrone

- Aesculus californica*
- Citrus* spp.
- Arbutus menziesii*

VINES

- Bougainvillea
- Cape Honeysuckle
- Chilean Jasmine
- Clematis
- Honeysuckle
- Star Glory
- Trumpet Creeper
- Wisteria

- Bougainvillea* spp.
- Tecomaria capensis*
- Mandevilla laxa*
- Clematis lasiantha* & *C. ligustifolia*
- Lonicera ciliosa* & several other species
- ponioea coccinea* and other species
- Wisteria* spp.

BOLD type designates native California plants.

References:
 • Pacific Horticulture, Summer 1990, Shrubby Salvias, pp. 15-19.

• A Hummingbird Garden Plant List: A supplement to the Hummingbird Garden Design, Coyote Point Museum for Environmental Education, San Mateo, California. Prepared by The Hillsborough Garden Club.

• Personal communication with Don Mahoney, Caroline Spiller, Marge Edgren, Strybing Arboretum Society.