

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	<i>Salvia greggii</i>
Butterfly Bush	<i>Buddleia davidii</i>
Bottlebrush	<i>Callistemon</i> spp.
California Rhododendron	<i>Rhododendron californica</i>
Cleveland Sage	<i>Salvia clevelandii</i>
Common Monkey Flower	<i>Mimulus cardinalis</i>
Fuchsia-Flowering Gooseberry	<i>Ribes speciosum</i>
Manzinitas	<i>Arctostaphylos</i> spp.
Pineapple Sage	<i>Salvia elegans</i>
Penstemon	<i>Penstemon cordifolius</i>
Red Flowering Currant	<i>Ribes sanguineum</i>
Sticky Monkey Flower	<i>Diplacus aurantiacus</i>
Scarlet Monkey Flower	<i>Mimulus cardinalis</i>

HERBACEOUS PERENNIALS

Agapanthus	<i>Agapanthus</i>
California Fuschia	<i>Zauschneria californica</i>
Columbine	<i>Aquilegia formosa</i>
Delphinium	<i>Delphinium</i> sp.
Island Bush Snapdragon	<i>Galvezia speciosa</i>

TREES

California Buckeye	<i>Aesculus californica</i>
Citrus	<i>Citrus</i> spp.
Madrone	<i>Arbutus menziesii</i>
VINES	

Bougainvillea	<i>Bougainvillea</i> spp.
Cape Honeysuckle	<i>Tecomaria capensis</i>
Chilean Jasmine	<i>Mandevilla laxa</i>
Clematis	<i>Clematis lasiantha</i> & <i>C. ligustifolia</i>
Honeysuckle	<i>Lonicera ciliosa</i> & several other species
Star Glory	<i>Pomora coccinea</i> and other species
Trumpet Creeper	
Wisteria	<i>Wisteria</i> 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.

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