

NATURE FRENZY

How to attract Birds and other pollinators to your backyard!

- ✓ **Put out water for the birds.** Make sure it's clean and change it daily. We have found putting it on the ground attracts more birds. They need water for drinking and bathing. Robins really enjoy splashing in a bird bath.
- ✓ **Hang a bird feeder in your yard.** Fill it with seeds, meal worms, nuts, or suet. Make sure it is 10 feet from a fence, tree branch or roof. Squirrels are able to jump that far! Put a baffle on the pole to keep the squirrels from climbing up.
- ✓ **Put up a birdhouse.** Find one online, at a hardware store, or even make your own house. We put ours out in March. Some birds lay eggs two times during their mating season! If you put up a feeder and a house, make sure they are on opposite sides of your yard.
- ✓ **Start a small brush pile.** As you do your Spring weeding, start a small pile in your yard. You will be surprised at how quickly the plants begin to decompose and create an insect rich environment. The insects are a good source of protein and fat. Migrating birds need this energy to make the journey to their nesting grounds. When migration season is over, clean up your brush pile.
- ✓ **Fertilize using worms.** Worms are a natural way to improve your plant health and they are food for Robins. Robins are one species which do not eat from bird feeders. Worms are very intelligent. They hibernate during winter and start coming to the surface in March. They will begin to multiply and continue doing so until they have maxed out their space in your plant beds.
- ✓ **Be good to your trees.** An Oak tree supports over 500 different species of caterpillars! That's a lot of food! If we go 10 or more days without rain, water your trees.
- ✓ **Use your leaves as mulch.** If you put leaves in your plant beds in the Fall, the Winter snow will help break them down and by Springtime you will have a nice mulch started. They will attract insects which serve as food for the birds. And will also provide nesting materials. As birds raise fledglings or babies, they need a constant supply of insects to help their babies grow.
- ✓ **Landscape with native plants and flowers.** This has multiple benefits. Their roots grow deeper than non-native plants, so they hold more water in the wet season and need less watering in the dry season. They attract more insects than non-native plants do, which means more food for the birds and more aeration for the plants! Bushes which grow sweet Spring berries which give a quick burst of energy to parents which are tending to their young. Fall berries are a good source of fat for birds migrating south.

Resources:

1. Go Green Wilmette Native Plant Sale - May 8th, <https://plants.gogreenwilmette.org/>
2. Uncle Jim's Worm Farm, <https://unclejimswormfarm.com/>
3. Books by Douglas W Tallamy - [Bringing Nature Home: How You Can Sustain Wildlife with Native Plants](#) and [Nature's Best Hope](#)
4. [The Hidden Life of Trees](#) by Peter Wohlleben



We hope you enjoy the birds as much as we do!
For further help,
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