



Specializing in plants
that thrive in Central Ohio

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Several Backyard Birds and Their Favorite Foods

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| American Goldfinch | Niger thistle seeds, broken sunflower hearts, oil-type sunflower seeds. |
| Northern Cardinal | Sunflower seeds of all types, safflower, cracked corn, millet, other seeds, unsalted nutmeats, raisins. |
| Black-capped Chickadee | Oil-type sunflower seeds, cracked unsalted nutmeats, safflower, suet. |
| Dark-eyed Junco | Red or white proso millet, finely cracked corn, oil-type sunflower seed, unsalted nutmeats. |
| Grosbeaks | Sunflower seeds of all types, safflower, and cracked corn. |
| Mourning Dove | Oil-type sunflower seeds, white and red proso millet, safflower, cracked corn, wheat, Milo, other seeds. |
| Native Sparrows | Red or white proso millet, oil-type sunflower seeds, cracked corn, some safflower. |
| Woodpeckers | Suet, unsalted nutmeats, sunflower seeds, cracked corn. |

Seeds and Their Value to Birds

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| Sunflower | High in protein and fats |
| Black Sunflower | High in oil. |
| Sunflower Kernel | High in energy |
| Cracked Corn | Carbohydrates, grit to grind seeds. |
| Safflower | High in oils, but only specific birds will eat it. |
| Peanut Kernels | High in fat and calories |
| Thistle (Nyger) | High in oil. |
| Yellow Millet | Vitamins, and protein |

Grit

Occasionally providing grit, such as sand or fine poultry or canary grit, is also beneficial because it is retained in the gizzard where it helps in grinding seeds. Eggshells or crushed limestone can serve as grit and may provide a needed calcium source during the egg-laying season. Grit can be mixed with seeds or placed in a tray or on the ground.

Suet

Suet is especially attractive to insect-eaters such as woodpeckers, chickadees, and nuthatches and is a good winter energy source. Feed your birds suet during cool weather and winter months. Discontinue use when high temperatures reach 70 degrees.