

Ramone's Family Nectar Recipe

How to Make Your Own Hummingbird Nectar

SUPPLIES:

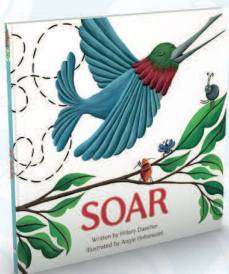
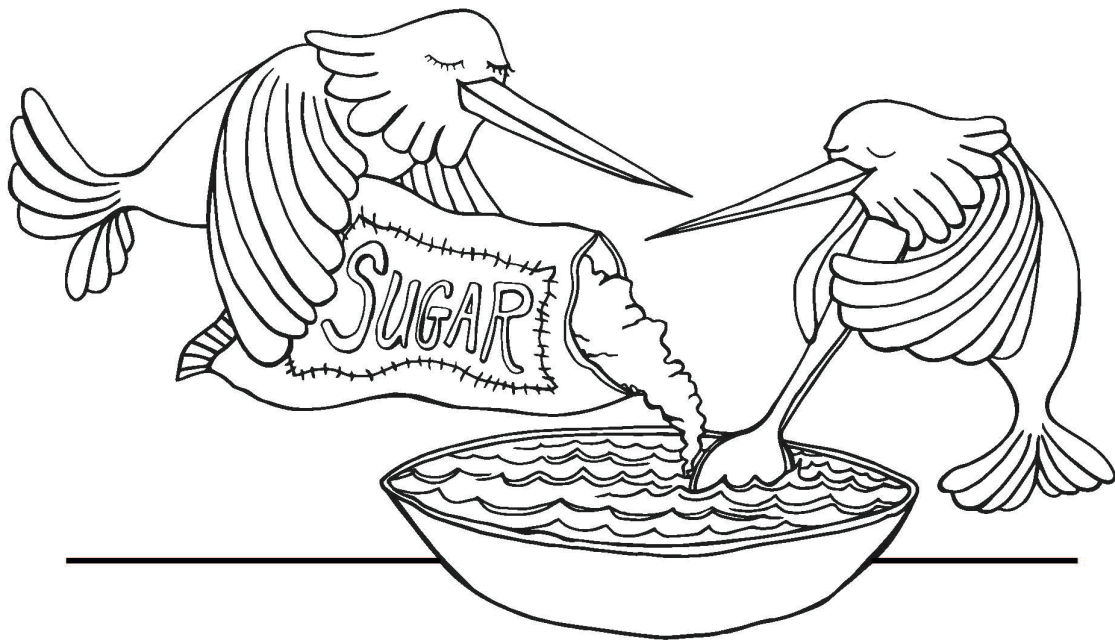
- 1/4 cup refined white sugar
(Please only use refined white sugar! Honey can promote dangerous fungal growth, while organic, natural, and raw sugars contain levels of iron that could be harmful. Plain white table sugar is sucrose, which, when mixed with water, very closely mimics the chemical composition of natural nectar.)
- 1 cup boiling water
- Bowl
- Spoon

Note: There's no need for red dye here. Red coloring is not necessary and the chemicals could prove to be harmful to the birds.

STEPS:

1. Mix sugar and boiling water until sugar is dissolved.
2. Cool and fill feeder.
3. Hang up your feeder outside and wait for the hummingbirds to come.

* recipe courtesy of The National Audubon Society



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