

WHAT DO THE COMMON BIRDS IN OUR GARDENS EAT?

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Bird	Habitat	Nest Location	Diet animal	Diet vegetable	Diet Nestling	cache
Winter resident here or little migration						
California Quail	mixed	ground in grass, shrub	small amount insects, spiders, snails,	seeds, foliage, acorns, fruit	animal material	
Mourning Dove	mixed open	ground or low horizontal	miniscule amount - incidental	agricultural grain, wild seed esp poa	crop milk, regurgitate digested seeds	
Great Horned Owl	wide variety	wide variety	rabbits, mice, coots, invertebrates, wide variety other	not reported	torn up animal	Cache
Northern Flicker	open ground	cavity in snag	insects, esp ants	seeds, acorns nuts, grain, berries	regurgitate	
Downy Woodpecker	forest edges, mixed	cavity in snag	insects, arthropods, caterpillar, insect larvae	fruit, seeds, sap		rare
Hairy Woodpecker	forest, edges	cavity in snag	insects, beetle larvae	sap from trees, nuts, acorns, fruits	regurgitate	occasional
Red-naped Sapsucker	varied conifers/deciduous	cavity	arthropods (ants esp), may dip in sap	sap, cambium, buds, fruit, berries	ants, caterpillars mayflies	maintain wells
Steller's Jay	conifers/pines	branch close to trunk	insects, bird eggs/young, small vertebrates	pine seeds, berries, fruit, nuts	little known	acorns
Black-billed Magpie	open	variable trees, shrubs; ID hawthorn	arthropods, carrion, ticks, maggots, small mammals	seeds, fruit		cache ticks, carrion
Ravens, Crows						
Black-capped Chickadee	conifers/pines	cavity in snag	insects, spiders/eggs, caterpillars	conifer seeds, berries, fruit	arthropods	cache seeds
Mountain Chickadee	dense conifers	cavity, occ under roots	insects, spiders/eggs, arthropods, butterfly larva, aphids	conifer seeds	arthropods	cache seeds
White-breasted Nuthatch	deciduous	cavity, woodpecker holes; rare nest box	insects, spiders, butterfly and moth larvae	conifer seeds	insects	cache seeds
Red-breasted Nuthatch	mixed	cavity in snag	insects, spiders, arthropods, caterpillars, ants	conifer seeds	insects	seeds, arthropods
Brown Creeper	woodlands, coniferous and deciduous	under loose bark	insects, spiders/eggs, pseudoscorpions, beetles, ants (gleans from bark)	possibly a few seeds in summer	invertebrates	

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Bewick's Wren	open woodland	cavity	insects/eggs, larvae, spiders	a little fruit pulp, seeds	caterpillars small arthropods	
House Wren	shrubby woodland	cavity	insects, invertebrates, spiders, snails	n/a	grass-hoppers, crickets, etc	
Starlings						
Song Sparrow	dense underbrush, varied; riparian	base of branching shrub; grass	insects (grasshoppers, crickets), larvae, small invertebrates	grass and forb seeds, berries, fruit	small insects, larvae	
Dark-eyed Junco	forest edge, open	shallow depression with prot (rock, bank, building)	arthropods, spiders, moths, butterflies, caterpillars, ants, wasps	wide variety of seeds, fruit, waste grain	insects, spiders	
Evening Grosbeak	mixed coniferous / deciduous	variable trees, shrubs; takeover	invertebrates, budworm, larvae	fruit, seeds, buds	insect larvae, soft seed, regurgitate	ashes, salts
House Finch	various	solid base with overhang	small % aphids	seeds, fruit, buds, sap	weed seeds, regurgitate	salts
Cassins Finch	coniferous areas	conifer top or lateral branch	small % insects - tussock moth larvae, budworms	buds, berries, fruits, seeds	no information	
Pine Siskin	Coniferous or mixed	horizontal limb out from trunk	insects and spiders, larvae, budworms	seeds of decid and conifers, forbs, grasses, floral buds, nectar of trees, sap		salts
American Goldfinch	weedy open areas, conifer roosting	shrubs, conifers, branch	insects occasionally, aphids	annuals seeds, composites, small seeds of trees, buds	mash of seeds, regurgitate	
House Sparrow	urban, farm	various, old nests of others	insects, arthropods, moths, invertebrates	cereal grains, grass, weed seeds	invertebrates, regurgitate	Pierce flower for nectar

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Migrates/Breeds here						
Rufous Hummingbird	broad range	variety of sites, conifers	small insects caught in flight or gleaned, aphids, midges, sap	nectar from flowers	regurgitate	
Black-chinned Hummingbird	broad range	near water	small insects caught in flight or gleaned, spiders, sap	nectar from flowers	regurgitate	
Calliope Hummingbird	montane	conifers	small insects caught in flight or gleaned, spiders, sap	nectar from flowers	regurgitate	
Cordillaran Flycatcher		shelves, banks	many kinds of insects >99%	not reported	insects	
Warbling Vireo	Deciduous woodland, riparian	forked limbs	butterflies, larva, beetles, others	small %age berries	not reported	
Violet-Green Swallows	montane, pine & mixed	woodpecker cavities, nest boxes	insects caught in flight	not reported	probably small insects, gnats, etc	
Ruby-crowned kinglet		high on conifer near trunk	insects, spiders, larvae,	small amounts of fruit, seeds but not in winter; sap wells	regurgitate probably insects, larvae	
Western Bluebird	open woodland	cavity	many insects, earthworms, snails, invertebrates	fruit, berries	insects; swallows seen feeding	
Townsend Solitaire	open conifer, altitudinal migration	tree roots	insects, spiders, worms	berries, small fruits, female cones	recurgitate,c aterpillars spiders	
Varied Thrush	forest with dense understory	against trunk conifer, varied	insects, arthropods, sowbugs, snails, worms	nuts, berries, fruit, weed seeds, acorns	arthropods	
American Robin	mixed	structures, shrubs	soft invertebrates, earthworms, snails	fruit in summer, fall	regurgitate soft invertebrates	
Hermit Thrush	mixed	ground or low in shrub	insects, spiders, earthworms, small salamanders	fruit in winter, migration	minced larvae, softer invertebrates	foot quivering

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Swainson's Thrush	woodland edge	low in shrubs, thickets	beetles, caterpillars, ants, flies, grasshoppers, budworms	berries (fall migration), fruits	caterpillars beetles, flies	foot quivering
Gray Catbird	Forest edge	bulky open nest close to ground	ants, beetles, caterpillars, moths, dragonflies, spiders	small fruits	small invertebrates, spiders	
Orange-crowned Warbler	Deciduous woodland	ground or low in shrub	invertebrates	fruit, sap, nectar, berries, galls	larvae	
Yellow-rumped Warbler	montane, coniferous	on branch	insects, larvae, pupae, small invertebrates	fruit	soft insects at first	
Wilson's Warbler	thickets, riparian		bees, flies, mayflies, spiders, beetles, caterpillars	occ berries	maybe regurgitate larvae	
Western Tanager	Conifer, Mixed conifer/ deciduous	fork, horizontal branch	insects: wasp, ants, termites, stinkbugs, beetles, grasshopper, caterpillars, etc	fruit, buds	insects, larvae, occ berries,	
Black-headed Grosbeak	riparian woodland	shrub	insects, spiders, larvae, pupae (Monarchs in Mex in winter)	fruit, weed seeds, grain	green mash, larvae	
Spotted Towhee	woodland edge	ground depression	insects, invertebrates, larvae, pupae	fruit, grass & forb seeds, acorns (w), berries	moths, caterpillars insect larvae	
White-crowned Sparrow	bare ground, grass, thickets, mixed	ground or low in shrub	insects, arthropods	forb & grass seeds, buds, berries, fruit, leaves	probably insect	
Red-winged Blackbird	marsh, riparian	emergent vegetation	insects, spiders	grass, forb seeds	insects	
For many birds on this list their diet changes significantly in percentages of vegetable vs animal sources between winter and breeding period.						