



## Birds-I-View

Steve & Regina Garr are the owners of **Birds-I-View** wild bird and nature store in Jefferson City, Missouri. They have spent many years committed to helping others enjoy and learn more about the Native Wild Birds that can visit their "space". They have presented programs on attracting Backyard Wildlife for decades, **with a special emphasis on attracting desirable wildlife to almost any setting!** Birds-I-View aims to support conservation organizations and those entities focused on educating others about birding and conservation. Steve spent nearly nine years as a columnist for the **Nature Society News**. Both Steve and Regina are Board Members with their local **River Bluffs Audubon Society** and are members of (and highly recommend) the **Missouri Birding Society**. Check them out at [www.mobirds.org](http://www.mobirds.org).

The Garrs have assisted in co-founding two separate State Bluebird Societies. Steve is a past President, Vice-President and Board Member of the North American Bluebird Society, and is a life member of that organization. He is the current President of the **Missouri Bluebird Society** and Regina is the organization's Secretary.



White-breasted Nuthatch at a mesh feeder filled with peanut splits.



## Feeding Nuthatches (and other small clinging birds)

Nuthatches will utilize a variety of foods at feeding stations. In the winter, watch for them in "mixed winter flocks" with assorted small species of clinging birds. During nesting season in Missouri, White-breasted Nuthatch will bring fledglings to the food source and feed as a family group.



**Above:** Red-breasted Nuthatch at Live Mealworms  
**Below:** Red-breasted Nuthatch at a seed blend of Safflower, Black Oil Sunflower and Sunflower Hearts.

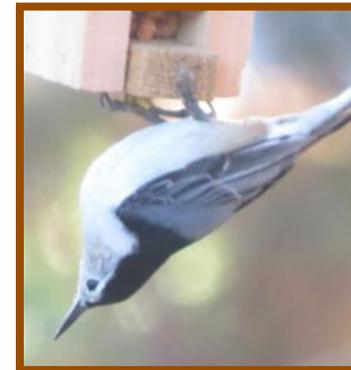


White-breasted Nuthatch at Hot Pepper Suet Nuggets (L) and at homemade suet recipe (R)

## BIRDS - I - VIEW Jefferson City, MO

# Notable Nuthatches!

A Brief overview of three special Nuthatch species in Missouri



Committed to providing information & products that benefit wildlife.

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## Red-breasted Nuthatch



Red-breasted Nuthatch at Peanut and Seed Mixture

The **Red-breasted Nuthatch** is a welcome and delightful Winter Resident in Missouri. They will migrate back to their

northern breeding grounds during nesting season and some winters they are more abundant in Missouri than others—but they are *always* a special addition to any Missouri backyard! A heated bird bath (particularly with moving water) can be a great way to first attract a Red-breasted Nuthatch to your yard.

Smaller in size than the White-breasted Nuthatch, the Red-breasted can be distinguished more by its bold black cap/white eyebrow/black eyeline markings than by the rusty red breast for which it is named. It too has the sharp pointed bill of other nuthatches which it uses for foraging insects. Enjoy Red-breasted Nuthatches at your feeding and water stations in **Missouri generally from October through March or April, but they can show up as early as August and still be seen into May.**

Photo by Keith Kridler



## Brown-headed Nuthatch

In a cooperative effort between the Missouri Department of Conservation, USDA Forest Service, and several other entities, the once extirpated Brown-headed Nuthatch

has been returned to the Mark Twain National Forest in southern Missouri! This enchanting little nuthatch disappeared from this area in the early 1900s due to habitat loss. In 2020, after much advance work and coordination, the species was successfully re-introduced to now restored pine woodlands where it is expected to remain fairly localized. Learn more about this conservation success story at: [www.mdc.mo.gov](http://www.mdc.mo.gov)

## Attracting Nuthatches to Your Space

**Nuthatches** benefit from the same Habitat Components as many of our other Backyard Birds: **Food, Water, and Shelter (including a place to raise their young.)**

They enjoy a variety of foods and can utilize most any style of feeder. (see other side). Moving water and water in winter is always an important draw for the birds! Remember to keep feeders and baths clean year-round.



And be sure to provide adequate perch area near food and water.



**As cavity-nesting species,** nuthatches may choose to use any man-made cavity in which they can fit. Nuthatches utilize grass, shredded bark, feathers, fur and other soft materials in their nest construction. Providing a basket or empty suet cage filled with Alpaca fiber or other soft (natural) materials could be rewarded with the sight of Nuthatches gathering nesting material! It is always a good idea to keep materials protected from rain by placing it under an overhang or under a weather guard.



**Please do NOT mount nesting boxes directly to trees** —too many predators are accustomed to going to trees to look for food. Instead, use metal poles and predator baffles. Or in the case of small hanging boxes with small entrance holes, you may consider hanging the nest box from a small branch or under an eave of a building.

### Great Resources for learning more about Nuthatches

- “All about Birds” [www.allaboutbirds.org](http://www.allaboutbirds.org)
- Missouri Department of Conservation [www.mdc.mo.gov](http://www.mdc.mo.gov)
- [www.sialis.org](http://www.sialis.org)

## White-breasted Nuthatch



White-breasted Nuthatch at a Natural Cavity

**The White-breasted Nuthatch** is a year-round resident in Missouri. Often referred to by observers as the “upside down bird” all the nuthatch species in Missouri seem to have a distinct habit of perching on tree trunks in an upside down position.

The White-breasted Nuthatch is the largest of the three mentioned in this brochure and has distinct white cheeks and white underneath with a blue-gray back and a black cap (adult males have darker caps than the females). They have a long pointed bill which assists in foraging for the great quantity of insects they consume.

They tend to prefer a habitat of deciduous trees however will nest in coniferous trees as well, utilizing old woodpecker holes or natural cavities. They rarely excavate their own nesting cavity.

### White-breasted Nuthatch :

- Generally one brood per season
- Require a 1.25 inch size entrance hole to cavity, but will certainly utilize larger
- 5-9 speckled eggs (brownish/dark speckles on a white or pinkish background)
- Hatch in 12-14 days
- Fledge : age varies from 14- 26 days

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