

TEXAS PARKS AND WILDLIFE

Recipes
for the
Birds



INKS LAKE

STATE PARK • BURNET, TEXAS

The following recipes have something special for all the guests who will visit your feeders. Your visitors will be delighted with their favorite menus, no matter the season.

Ingredients Information

Seeds & Grains

The following can be bought at your local feed stores: mixed wild bird seed, millet, cracked corn, peanut hearts, thistle and sunflower seeds.

Grit

Grit is necessary to grind and digest the coarse foods that birds eat. You can purchase commercial bird gravel, or if available, coarse beach sand will serve the purpose.

Raw Beef Suet

Suet provides energy and warmth during the cold months. When preparing suet, to make a smoother liquid, put it through a meat grinder before melting. To make a solid suet cake, reheat. For those concerned about spoilage of beef suet in our summer heat, a reasonable alternative is a mixture of equal portions of shortening and peanut butter.

Kitchen Scraps

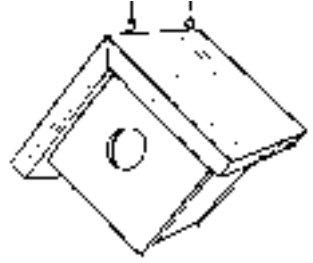
Keep cake, doughnuts, pie crust or anything with sugar in a covered container. Use a separate container for crusts and stale breads.

Granola Treat

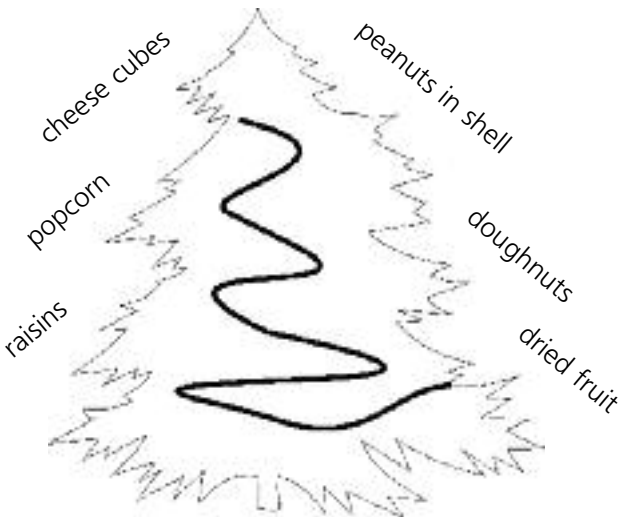
One cup of each of the following: wheat germ, peanut hearts, white millet, raisins, crushed dog bones and sunflower seeds. Heat 1/2 cup honey separately. Add to dry mixture. Mix well, bake at 375° for ten minutes. Refrigerate. Mixture can be fed as granola treat or mixed with suet.

Nesting Season

While nesting, birds will not need to depend on humans for food. Providing them with nesting materials and housing will entice visitors. Houses should be made out of natural materials, well ventilated and hung on the shady sides of trees. Cut nesting materials such as wool, twine and string into 3-inch lengths and put into your suet containers.



String Foods

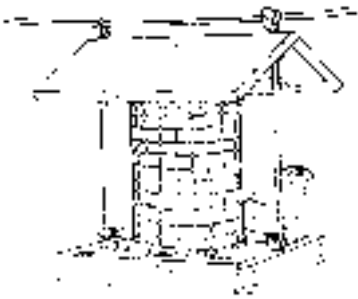


Feeding Station

A feeding station is any area that has a bird feeder set up. These may consist of a platform mounted on a pole, commercial plastic feeders or something as simple as feed scattered on the ground. Feeding stations can be designed to attract certain types of birds or a wide variety of feathered friends.

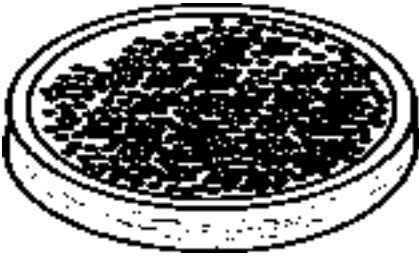


Seed Dispensers



Use at least two seed dispensers, one for wild bird seed mix and one for sunflower seed. If House Sparrows are a problem, mixes that contain millet should be avoided. If possible, locate these near brush or trees to provide a place to perch and preen. Once you begin feeding, it is important that you continue through the winter. Check your feeders early in the mornings and again before dusk.

Ground Feeders



To complete your feeding station, be sure that you provide at least two ground feeders. These can be wooden or plastic, approximately 3 inches deep with drain holes in the bottom. Add parakeet gravel or clean sand as needed to provide grit. Do this especially after a rain.

Suet Containers

All your feathered guests will eat suet during the cold weather to provide energy and warmth. You should provide several types of containers. Small clinging birds use netted bags and wire baskets. Woodpeckers prefer logs with holes at various points, and coconut shells are used by all.



Winter Warmth



Your guests are creatures of habit. Once you begin feeding, it is important to continue through the winter. Check your feeders at least twice a day. Ideal times are very early morning and again before dusk. Birds will take shelter for the night and do not feed again until dawn.

Return of Spring

By mid-March there will probably be fewer birds at your feeders. Sprouts, insects and worms are pushing through the warm moist ground. It is now time to stop suet feeding and continue seed feeding until the end of April.



Summertime

Summer season provides all the natural food that your yard guests need. They thrive on insects, weed seeds and grains. However, water is essential. A birdbath

can be a wonderful addition to your yard. For an added treat quarter fresh fruit (leave the skin on) and either hang from branches or put on feeding trays. Soon the migration will begin and the resident guests will return to your feeders.

Hummingbird Punch

1 cup sugar



4 cups water

Boil four cups water and remove from heat. Add sugar and stir until dissolved. Let cool and feed. Store remaining syrup in covered container in refrigerator for up to two weeks. Boiling water is not necessary but may extend the shelf life of the syrup.

TIPS:

- Red food coloring should not be used. Feeders have enough color on them to attract the birds.
- Make sure your feeders are clean.
- Hang feeders in a shady area near windows or around patio. Your guests will provide many happy memories.
- Keep feeders active year-round.



Waxwing Wedge

Raw beef suet



3/4 cup raisins

1 large apple



1 tsp. sand

2 cups kitchen scraps

Peel and core apple. Put peel through meat grinder and cut apple into small cubes. Put peel and apple into 8" x 8" foil pan. Steam raisins in small amount of water until plump. Add kitchen scraps and raisins. Put suet through meat grinder and melt down in a double boiler. Set aside to cool and harden slightly. Reheat and pour over first mixture. Add sand and refrigerate until firm. Cut to fit suet feeders.



Wethatch Nibbles & Bits

<i>Raw beef suet</i>	✿	<i>1 cup sunflower seeds</i>
<i>1 cup popcorn</i>	✿	<i>1 tsp. sand</i>
<i>2 cups bread crumbs</i>		

Mix popcorn, bread crumbs and sunflower seeds. Set aside. Run suet through meat grinder, melt in a double boiler and set aside to cool and harden slightly. Reheat, and while in liquid form pour over dry ingredients. Sprinkle with sand. Stir until all ingredients are well coated. Pour out onto wax paper. Bring sides of paper up around mixture and press to form a ball. Refrigerate until firm. Serve in netted bag.



Suncoco Jelly

<i>Raw beef suet</i>	✿	<i>1 cup cracked corn</i>
<i>1 cup cornmeal</i>	✿	<i>1 tsp. grape jelly</i>
<i>3/4 cup millet</i>	✿	<i>1/2 tsp. sand</i>



Loaf-size foil pan is ideal to mix this in. Mix cornmeal, millet and corn. Set aside. After putting suet through meat grinder, melt down in double boiler. Set aside and allow to cool and harden slightly. Reheat and stir in grape jelly. Pour suet over dry ingredients and add sand. Refrigerate until firm. Serve on feeder tray.

Mockingbird Muffins

1 cup cornmeal
 3/4 cup currents
 1 cup flour
 1 tsp. baking soda
 1 cup bread crumbs
 1/4 tsp. sand
 1/2 cup bacon drippings
 1 cup water



Combine cornmeal, flour, grated bread crumbs and soda in a medium bowl. Add currents and sand. Pour in bacon drippings and water. Mix well. Spoon into muffin tins. Bake at 350° for 15 minutes. Serve on feeder or attach to branches.

Wren Wrolls

2 cups bread crumbs
 1/2 cup coconut
 1 cup raisins



1 cup peanut hearts
 1/2 tsp. sand
 1-1/2 cup raw beef suet



Combine bread crumbs, shredded coconut, raisins, peanut hearts and sand. Run suet through meat grinder, melt down in a double boiler. Remove from heat and let set until slightly hard. Reheat, and while in liquid form pour a small amount at a time onto other ingredients that have been placed on a piece of wax paper. Bring sides up, pressing suet into a ball. Refrigerate until firm. Dress up serving table by serving "wrolls" in a coconut shell.

Robin Robust

- 1 medium apple ✳ 1/4 tsp. sand
- 1/2 cup raisins ✳ 1-1/2 cup raw beef suet
- 1 cup cooked noodles or spaghetti



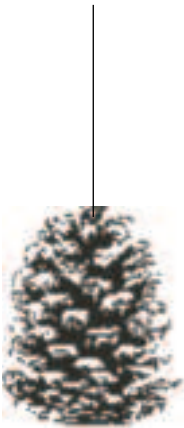
In an 8" x 8" cake pan, put diced apple (do not peel or seed), raisins, noodles and sand. Set aside. Put suet through meat grinder, then melt down in a double boiler. Allow to cool and start to harden. Reheat and pour over other ingredients. Refrigerate to harden, cut into pieces and serve on a tray or in a ground feeder.

Chickadee Crunch

- Raw beef suet
- Pine cones
- Sunflower seeds
- Millet seeds



Put suet through meat grinder and melt in a double boiler. Let cool and start to harden. Reheat. Attach wire or string to pine cones. Cover pine cones with warm suet mixture. Sprinkle with millet. Push sunflower seeds under scales of pine cone. Spoon warm suet over cone again, building up suet and securing sunflower seeds. Refrigerate. Hang from branches.



Finch Fries

1 cup millet



1/2 cup bread crumbs

Sand



Raw beef suet

1/2 cup American cheese, cubed



Mix millet, bread crumbs and cheese. Pour into four tuna or cat food cans. Sprinkle with a pinch of sand. Put suet through meat grinder and melt in double boiler. Let cool and start to harden. Reheat. While in liquid form, pour into cans. Refrigerate to harden. Attach to post.

Downy Delight

1 cup grape nuts cereal



1/4 tsp. sand

1 cup raisins



1-1/3 cup raw beef suet

1 cup peanut hearts

Into an 8" x 8" cake pan, put grape nuts, raisins, peanut hearts and sand. Set aside. Run suet through meat grinder, melt down in a double boiler and cool until slightly hard. Reheat and pour over dry ingredients. Refrigerate until firm, cut in pieces and serve in plastic-coated wire basket. Best located on a tree trunk.



Cardinal Casserole

Raw beef suet
2 cups bread crumbs
1/4 cup birdseed mix
1 cup green grapes
1/2 tsp. sand



Mix bread crumbs, bird seed mixture and green grapes. Set aside. Put beef suet through meat grinder and melt in a double boiler. Remove from heat, allow to cool and start to harden. Reheat and while in liquid form, pour 1-1/2 cups over dry ingredients. Add sand. Mix well. Put in a 5" x 3" x 1" small, foil loaf pan. Refrigerate until firm. Place on feeder tray.

Say Sambalaya

Raw beef suet	✿	1/2 cup bread crumbs
1/4 cup meat scraps	✿	1 cup peanut hearts
1 cup corn meal	✿	1 tsp. sand



Save your meat scraps; if you leave the fat on scraps, it makes your feathered friends happier. Put scraps through meat grinder. Set aside. To this add corn meal, bread crumbs, peanut hearts and sand. Put suet through meat grinder. Melt in a double boiler, let cool until hard. Reheat. While liquid pour over dry ingredients. Put into suet container and refrigerate until firm.

Bluebird Betty

1 cup sugar



2 cups flour

1 cup raisins



1/2 tsp. baking powder

1/2 cup shortening



1 tsp. baking soda

1/2 cup water



1/3 cup nutmeats



Mix flour, baking powder, soda and nutmeats. Set aside. Boil sugar, raisins, shortening and water for 5 minutes. Add liquid to dry ingredients. Spoon onto well-greased 8" x 8" cake pan. Bake at 350° for 20 to 25 minutes. Cut into pieces and place on feeder tray or ground feeder.

Dove Divine

Cracked corn



Crushed dog biscuits

Peanut hearts



Sunflower seeds

Kitchen scraps



Thistle seed

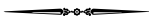
In plastic container (2 to 3 inches deep), pour sand and gravel. Add any amount of the above mixture. Replace as necessary, especially after rain.



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