

Compliments of Jodee Harris

essential living

207

Not Your
Mama's
**Food
Trucks**

9 Great State Parks

Tettegouche State Park
Minnesota



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Fireworks, popsicles and watermelon are just some of the things that make the hot July days a little more bearable. And soon you'll be adding food trucks to that list. With the food truck craze in full throttle, you can find a food truck serving up almost any cuisine you're craving. We looked all over the country to find you the best food trucks to top off your summer. And if you're an aspiring food truck chef yourself, we've got the perfect idea for your truck: savory waffles! This month, we're offering up three mouthwatering recipes for you to practice with.

After a day of exploring food trucks and perfecting your waffle-making skills, it's time to kick back and relax in your favorite city. Urban hammocking lets you enjoy the city while transporting you into your own little world. Looking to get a little further away? Hop aboard the ultimate guide to boats! Whether you're looking for a boat that offers the bare minimum or an entire house, you're sure to find the perfect boat to spend your summer days on.

But what would summertime be without a road trip? Though amusement parks and boardwalks may take rank when it comes to summer vacation, you can't overlook state parks. Gorgeous views, wildlife and endless fresh air are just some of the attractions you'll find when you visit a state park that nothing else can compete with. We've already done the hard work for you and put together the nine best state parks you have to visit. So, what are you waiting for? Let's go!

— From the Publisher

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Urban Hammocking

a relaxing alternative

Urban hammocking. Yes, it's a thing. Before you judge, it can be quite the relaxing alternative to staying inside all day watching your favorite sitcom on repeat. Whether you want to sleep, read a book or simply lounge and watch the world go by, hammocks are the perfect way to get in your relaxation fix.

They're lightweight, portable, durable and ideal for those lazy summer afternoons. The first step is to find the right hammock, so let's dig into the features that could either make or break your hammocking experience.

hammock features

Water Repellent

Water-repellent hammocks aren't solely for those extreme campers enduring the many surprises Mother Nature has to offer. What if you accidentally leave your hammock outside during a rainy night? Without a water-repellent hammock, you'll be left waiting several hours for your hammock to dry — and even then, you could end up with mold and mildew buildup. *Gross.*

TIP: A water-repellent coating could help avoid these hammocking tragedies.

Easy Assembly

Have you ever tried pitching a camping tent? I'll let you in on a little secret — it isn't too easy. The same goes for a hammock. Between the carabiners, rope suspensions and nylon straps, the assembly can be super confusing.

TIP: Do yourself (and your temper) a favor and invest in a hammock that's quick and easy to put up and take down.

Comfort & Security

We all want our hammocks to be cute. That's a given. While an aesthetically pleasing Instagram pic is basically a prerequisite with an adorable hammock, you also want it to support you properly. Imagine falling out of the tree? Doesn't sound too fun.

TIP: Get something with thick and durable nylon ropes. It's not as cute as those macramé hammocks, but it's a whole lot safer.

where to hang



Okay — now that we've gone over the specs, let's dive into where all the urban hammockers are hanging these days. Pun intended.

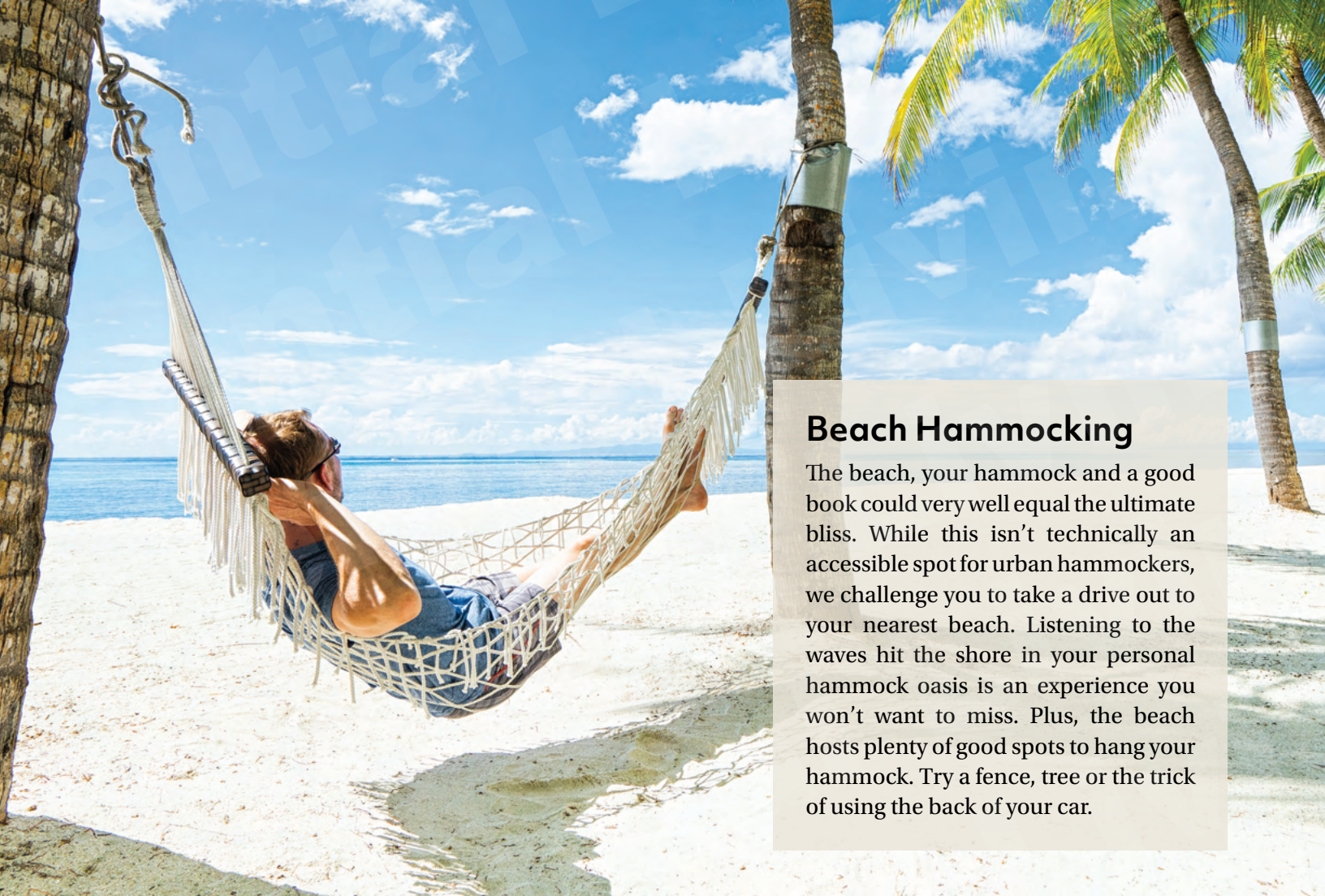
Rooftop Hammocking

This one is for all the city dwellers out there, not wanting to venture outside their urban haven. Lying in a hammock while looking out toward the scenic skyline will help you appreciate your city's beauty in a whole new light. Especially if you do this just as the sun is setting. Rooftops are packed full of pillars and railings that are perfect for hanging a hammock. Once your hammock is all set up and ready to go, kick up your feet and enjoy the golden hour.

Balcony Hammocking

When you think of hammocking, you may picture a peaceful park or a secluded stream, but many city dwellers are taking the lead and evolving this popular hobby into one that they can do from their very own apartment balcony. As long as you have a sturdy balcony frame and a bit of courage, you can enjoy hammocking even in the concrete jungle.





Beach Hammocking

The beach, your hammock and a good book could very well equal the ultimate bliss. While this isn't technically an accessible spot for urban hammockers, we challenge you to take a drive out to your nearest beach. Listening to the waves hit the shore in your personal hammock oasis is an experience you won't want to miss. Plus, the beach hosts plenty of good spots to hang your hammock. Try a fence, tree or the trick of using the back of your car.



Car Hammocking

Car hammocking is the new thing. All the cool hammockers are doing it. It's so popular because it's so convenient. Back your car into a scenic spot, like somewhere overlooking the water, mountains or your city's skyline. Then, you can use a roof rack or some other attachment point to secure one end of your hammock. For the other end, find a single post that's strong enough to hold you up and voila!

start lounging

The great thing about hammocks is that you can hang them just about anywhere, no matter where you live. They're a form of relaxation that anyone can try, whether you live in a city, beach town or mountain-filled sanctuary.

Recently, hammocking has gained massive popularity in urban communities, hence the term "urban hammocking." At the end of the day, anyone can enjoy hammocking, anywhere. You just need two sturdy posts and plenty of space to lounge.

Mobile EATS

THE TASTY WORLD OF FOOD TRUCKS



PHOTO COURTESY OF BLEU BARN BISTRO

They're delicious, fun and everywhere! Food trucks have risen to fame across the globe over the last decade or so, but their origins span over a century in the U.S. Join us on a road trip throughout the history of these on-the-go kitchens, with stopping points at a few must-know trucks.

THE JOURNEY OF FOOD TRUCKS

Food trucks have become quite the craze over the last decade, but their history in the U.S. goes all the way back to the 1800s. Before automobiles arrived on the scene, chuck wagons and pushcarts brought mobile meals to workers during the 19th century. Chuck wagons often brought breakfast, lunch and dinner to cowboys hard at work out on the plains, while pushcarts provided lunch to workers in big cities like NYC.

The chuck wagons specifically were designed with areas for food prep and cleaning, and are considered one of the ancestors of our modern food trucks. Flash forward to the 20th century, and we see the iconic ice cream trucks making waves beginning in the 1950s.

Today, food trucks span an array of cuisines, and are not only celebrated for providing affordable, nourishing meals on the go, but for their whimsical charm, as well. You'll even find them in places that might have traditionally opted for fine dining or catering, like weddings and corporate events. After all, there's just something delightful about diving into a gourmet donut or grilled cheese while wearing your fanciest gown!

Here's a glimpse of a few U.S. food trucks that are bringing big flavors and a lot of heart to their communities. If you happen to find yourself in their destinations, keep an eye out for their dynamic and mouthwatering menus.



PHOTOS COURTESY OF BLEU BARN BISTRO

Bleu Barn Bistro — CHARLOTTE, NC

The Bleu Barn Bistro food truck, located in Charlotte, North Carolina, showcases farm-to-table dishes and sustainability initiatives throughout its offerings. The team works closely with local farmers, bakers and growers to source the majority of their ingredients, serving their menu items in recyclable and compostable packaging.

Bleu Barn's menu features some seriously delicious flavor profiles: the Bistro grilled cheese includes mozzarella and Brie with a strawberry-habanero jam, while their shrimp tacos are topped with a chipotle slaw and candied jalapeños. Bleu Barn has expanded their offerings over the years to include the Bleu Barn Pantry, where they sell their small-batch jams, spice blends and hot sauces.

Mike's Huli Chicken — KAHUKU, HI

One of the best things about food trucks — besides the food, of course — is the ambiance they bring. The down-to-earth vibes combined with an outdoor meal make for a perfect pairing. Mike's Huli Chicken in Kahuku, Hawaii, delivers flavorful Hawaiian eats that have been featured on both the Food Network and the Travel Channel.

Huli chicken (huli means "turn") is a Hawaiian BBQ dish cooked rotisserie-style. At Mike's Huli Chicken, the chicken is cooked over kiawe wood and served alongside a bountiful plate of rice and pineapple. You'll also find garlic shrimp, ahi and stir fry at this beloved island food truck.



PHOTO COURTESY OF DEE DEE

Dee Dee AUSTIN, TX

It's no secret that Austin is a major foodie destination and a top U.S. locale for food trucks. With countless food trucks to choose from, there is one you don't want to miss. Dee Dee is a family-owned truck focused on the flavors of Thailand, incorporating a farm-to-table approach and thoughtful cooking techniques.

Dee Dee's moo ping, or pork skewers, are marinated for 48 hours in a special 15-ingredient sauce. From salads to stews, the Dee Dee food truck delivers a vibrant menu packed with all the sweet/spicy/salty flavor profiles that Thai cuisine is known and loved for. The extra time and attention they put into their food doesn't go unnoticed; Dee Dee is so popular that they highly encourage you to preorder before they even open for the day to avoid long wait times and favorite menu items selling out.

Frenchy's Food Truck — BROOKLYN, NY

Street food has long been a part of NYC's bustling culture. There are thousands of food trucks and vendors in the city to help you find your next bite. When most of us are still dreaming of what one we'll explore for dinner, Frenchy's Food Truck is helping locals start their workday right. The Brooklyn-based truck provides the hungry morning masses with coffee, hot cocoa and breakfast bites starting at 6 a.m. each day.

Frenchy's menu features extensive coffee offerings, plus freshly baked menu items a la almond croissants, Nutella beignets and Frenchy's quiche of the day. In sunshine and snowfall, Frenchy's Food Truck provides a nutritious city hub for warm brews and buttery, flaky goodness that locals and visitors can always rely on.



PHOTOS COURTESY OF MUDDY TIGER

Muddy Tiger — MINNEAPOLIS, MN

The Muddy Tiger food truck in Minneapolis, Minnesota, celebrates Indian street food, featuring Marathi cuisine from Maharashtra in west India. Their menu includes tawa chicken, street style chicken marinated in Indian spices and desi slaw served on a buttered-grilled roll, or sabudana vada, a fritter made from tapioca, peanuts and potatoes.

Muddy Tiger's menu offers delightful cuisine in every season. A cool mango lassi is sure to be a refreshing accompaniment to a sunny afternoon, while the menu's spicier dishes provide a hearty, comforting bite in the Minnesota cold. Muddy Tiger's menu also features vegetarian and vegan dishes to ensure everyone can enjoy their delicious food.

Keep on Trackin'

With over 24,000 food trucks across the country, the mobile craze isn't fading out anytime soon. Brick and mortar restaurants are also getting in on the fun by opening food trucks to reach more customers. As food trucks continue to grow in popularity and number, the offerings you'll find are just about endless. From classic tacos to gourmet donuts, you'll be sure to find whatever you're craving.

HOP ON BOARD!

SET SAIL AND VENTURE INTO THE WORLD OF BOATS.

TYPES OF BOATS

Aluminum Fishing Boats

These sturdy boats are normally 10-24 feet long and are a great option for day fishing. Compared to other fiberglass boats, aluminum boats can handle getting a little beat-up without costly damages.

LENGTH: 10-24 FEET LONG AVERAGE | SPEED: 10 MPH | USES: FISHING ALL DAY



FUN FACT

Old School Canoes
Dugouts are the earliest known boats that date back to almost 8,000 years ago!

Pontoons

You'll often see these boats on small inland bodies of water. Typically 15-30 feet long, they make the perfect boat for recreational fun for the whole family.

LENGTH: 15-30 FEET LONG | AVERAGE SPEED: 22 MPH | USES: BRINGING THE PARTY TO THE LAKE!



Deck Boats

Usually about 25-35 feet in length with a large V-neck hull, these boats are designed to entertain. As the name hints, there is plenty of deck space for all your friends.

LENGTH: 25-35 FEET | AVERAGE SPEED: 34 MPH | USES: DESIGNED TO ENTERTAIN



Catamarans

With two equal-sized hulls on either side, these versatile boats offer more stability than other boats. Catamarans are used around the world for a variety of purposes but most commonly for cruises through inland waters.

AVERAGE SPEED: 20 MPH | USES: A RELAXING GETAWAY!



Cuddy Cabin Boats

With a minimum length of about 15.5 feet, these boats are perfect for the family. The closed deck gives these boats an advantage with storage and makes navigation a breeze. Use them for fishing, sailing or just to enjoy a day on the water.

**LENGTH: 15.5 FEET MINIMUM | AVERAGE SPEED: 20 MPH
USES: SAILING, FISHING OR A FAMILY FUN DAY!**



FUN FACT

Don't Go Bananas

Thinking about taking a banana on your fishing trip? Maybe opt for the orange instead. Bananas are considered bad luck on boats since it is believed fish won't bite if they sense the presence of one.

Houseboats

From all the comforts of home and more. Houseboats are great for those wanting a true waterfront home, with all of land's comforts included. There is endless fun to be had with direct access to the water. Although these are technically boats with motors, they are not able to move on their own and are designed to be stationary.



AVERAGE SPEED: 0 MPH
USES: TRUE WATERFRONT LIVING

LENGTH: 39 FT. MINIMUM | AVERAGE SPEED: 17 MPH | USES: ENJOYING YOUR BEST LUXURY LIFE



Motor Yachts

With a standard minimum length of 39 feet, these boats are designed for luxury and leaving all your worries on land. From day sailing yachts to mega yachts, there is no shortage of options when picking the perfect yacht for your lifestyle.

FUN FACT

Looking for the bathroom?
You may have better luck if you ask for
the head instead.

ESSENTIAL



RED ROCKS STATE PARK

 ARIZONA



Whether you're a mountain maven, a camping connoisseur or a road trip warrior, there's a U.S. state park perfect for you to explore. We've put together a list of state parks for a wide spectrum of hobbies and interests, and all of them feature truly unforgettable landscapes. Discover these fascinating destinations that may even be waiting for you in your own backyard!



RED ROCKS STATE PARK

 ARIZONA

When you think of Arizona, you may immediately think of desert topography. At Red Rocks State Park, however, you'll find gargantuan rock formations, neighboring creeks and lush forests. This 286-acre nature preserve offers brilliant scenery, and just getting around is half the fun! You'll find a host of excursions available at Red Rocks, like jeep tours, horseback riding and hot air balloon rides. Plus, you can schedule a guided nature walk to learn more about the local wildlife and those iconic red rocks.

BIG BASIN REDWOODS STATE PARK

 CALIFORNIA

At California's Big Basin Redwoods State Park, you can literally walk amongst giants. Established in 1902, Big Basin Redwoods is California's oldest state park, but its residents are far older. The region's redwood trees are estimated to be over 1,000 years old, and are the stars of this ancient forest, with trunks measuring more than 50 feet around. If you're headed to the West Coast, add this park to your arboreal bucket list.

ELDORADO CANYON STATE PARK

 COLORADO

If you're a rock-climbing enthusiast, head to Colorado's Eldorado Canyon State Park, which features picturesque cliffs and more than 500 climbing routes for all skill levels. You can also hit the trails if that's more your style. In the winter the park is a prime locale for snowshoeing and cross-country skiing. Pro tip: High season runs from May-September, so keep that in mind if you're seeking quieter vibes.

ELDORADO CANYON STATE PARK

 COLORADO





KISSIMMEE PRAIRIE PRESERVE STATE PARK

 FLORIDA



Wai'anapanapa STATE PARK

 HAWAII



CUMBERLAND FALLS STATE PARK

 KENTUCKY

KISSIMMEE PRAIRIE PRESERVE STATE PARK

 FLORIDA

In Central Florida, Kissimmee Prairie Preserve State Park offers an incredible snapshot of Florida ecology, far removed from the noise of popular tourist destinations. Book a buggy tour to explore the 50,000 acres of Kissimmee Prairie Preserve, and keep your eyes peeled for alligators, deer and abundant birdlife. The park is also an officially designated Dark Sky Park, displaying brilliant views of the Milky Way, so make sure to stick around for the view after dark.

Wai'anapanapa STATE PARK

 HAWAII

With turquoise waters, swaying palms and fascinating rock formations, Maui's Wai'anapanapa State Park is a Hawaiian dream. Wai'anapanapa means "glistening waters," which you'll find in abundance along the park's shorelines and freshwater caves. If you're a geology buff, an afternoon of discovery awaits amongst the park's volcanic sand and lava tubes. Birders also flock to Wai'anapanapa to observe their local seabird colony of Hawaiian noddies, plus many other species that call the park home.

CUMBERLAND FALLS STATE PARK

 KENTUCKY

Cumberland Falls State Park is certainly quite beautiful during the day but is especially mesmerizing at night. The park is one of the only places in the world where you can observe a moonbow. Just like it sounds, a moonbow is a rainbow created by moonlight refracting through the mist of the falls. Depending on the weather, the moonbows usually appear in the days before and after a full moon, and the park provides a special viewing platform located near the falls, so you can be sure to catch the best view.



SEBAGO LAKE STATE PARK

MAINE



SALTWATER STATE PARK

WASHINGTON



TETTEGOUCHE STATE PARK

MINNESOTA

SEBAGO LAKE STATE PARK

MAINE

Sebago Lake State Park opened in the 1930s and is one of Maine's original state parks. You'll find all the sights you'd expect out of a picturesque Maine holiday, from rocky shores to towering forests. Located on Maine's deepest lake, Sebago Lake State Park is a popular spot for boating and swimming, along with hiking, biking and camping. And in the winter, the park is quite a winter wonderland with an icy lake surrounded by snow-covered trees.

TETTEGOUCHE STATE PARK

MINNESOTA

If you're in search of epic landscapes, check out Tettegouche State Park in Lake County, Minnesota. The park's cliffs and waterfalls are spectacular in all seasons. Rock climbing enthusiasts will find plenty of opportunities to scale new heights, while birders should keep an eye on the sky: the park is home to more than 100 species of birds throughout the year, including peregrine falcons. Tettegouche State Park also provides camping facilities throughout the year, so you can get up close and personal with the landscape.

SALTWATER STATE PARK

WASHINGTON

Located between Tacoma and Seattle, Saltwater State Park offers plenty of marine explorations, including an exploration of the only artificial reef in the state. Guests can scamper about the tide pools, encountering beautiful surprises at every turn, or dive below to scope out anemones and octopuses. On land, the park features numerous hiking trails, plus many a picnic area, making it a beautiful destination for a family day out.



If your state isn't on the list, don't worry — with over 6,600 state parks across the United States, chances are, there is one near you. Take a day to go explore some around you or venture a little farther away to discover all the beauty that state parks have to offer.

GET YINSPIRED TODAY

Maybe you're feeling harried from running errands all day. Maybe your shoulder is tweaked from throwing the frisbee with your kid. Or maybe you're just stiffer than dry pasta from sitting in an office chair, staring at a screen for too long. Whatever it is you're feeling, yin-inspired yoga can be a great way to take the edge off.

Yin-inspired yoga targets your connective tissues – stretching your joints and ligaments with poses that you hold for a good, long time. It's important to do any yoga poses right, but yin-inspired instruction is slow and low-key, making it a great entry point for people who want a good stretch, but not a bunch of heart-thumping action. Try these poses and feel all the stress leave your body.



CHILD'S POSE

This one should come naturally! Spread your knees, lower your forehead to the mat and just let things sink in. Try out this pose any time you need a break. It stretches your spine, stimulates blood flow and lowers your heart rate.

PIGEON POSE

Also known as sleeping swan, this one's a little bit more of a challenge! Pigeon pose will stretch your quads and your hip flexors, and after trying it, your hips will tell you exactly what they think of you. As with most yin poses, props like pillows or blocks can be a great help.



RECLINING BUTTERFLY POSE

To become a reclining butterfly, bring the soles of your feet together and gently let your knees fall out to the sides. Lean back and rest your back and head on the floor. Gravity should pull down on your knees, stretching out your hips.



SUPINE SPINAL TWIST POSE



Some teachers say this is the spinal equivalent of brushing your teeth. Do it every day! Pulling a knee to your chest, let it fall across your body as you turn your head to the opposite side. As with all yin-like poses, soak in this pose for a good, long time before switching sides.

Want to learn more?

Check out more yin-inspired resources online:

Yin Yoga: yinyoga.com

Ekhart Yoga: ekhartyoga.com

Savory Waffles

It's a debate as old as time ... waffles or pancakes?

We're sure that you've guessed our stance based on the title of this article. But let us tell you why we're on "team waffle." One word: texture.

Before we dive in, let's get one thing straight: we're not against pancakes. We love a good stack of flapjacks as much as the next person. But, when it comes down to which we like more, waffles or pancakes ... we're going to be team waffles every single time.

At the end of the day, the only real difference between waffles and pancakes is how they're cooked. They have the same batter — pancakes are just cooked on a stovetop to give us those perfectly round circles. And waffles are pressed in a waffle iron, which gives them their signature shape and creases. So, once everything is said and done ... what're you left with? The difference in texture between waffles and pancakes.

Pancakes are fluffy and pillow-like, while waffles are crunchy. Unlike pancakes, waffles don't quickly absorb syrup. Instead, the delicious maple syrup pools in the holes of the waffles. So, point one for waffles is that you don't constantly need to add more syrup. Then, you have the crunchy, crisp edges. While the inside is still fluffy like a pancake, waffles get crisp on the outside. And we're all about that crunch!

If you're not convinced yet, these three waffle recipes will seal the deal. This article is all about savory waffles! From spicy jalapeño and bacon waffles to goat cheese and mushroom, these recipes serve up one delicious breakfast.





Prep Time

10 minutes

Cook Time

20 minutes

Yield Amount

8 waffles

Bacon, Cheddar + Jalapeño Waffles

● Need a little spice in your life? These waffles have you covered.

INGREDIENTS

- 2 c. all-purpose flour
- 1 tbsp. cane sugar
- 1 tbsp. nutritional yeast
- 2 tsp. baking powder
- ½ tsp. salt
- 2 eggs, room temperature
- ¾ c. almond milk
- ½ c. bacon, cooked and crumbled

- 1 jalapeño, diced and cooked
- ¾ c. cheddar cheese
- 1 sunny-side up egg for topping

INSTRUCTIONS

1. In a large bowl, mix together the dry ingredients.
2. Use an electric mixer to combine the dry ingredients with the eggs and almond milk.
3. Next, add the cooked bacon and jalapeño.
4. Fold in the cheese using a spatula.
5. Grease your waffle iron, then add about 3 tablespoons of the waffle batter.
6. Press the waffle iron down and cook for 3-5 minutes until the waffle is golden brown.
7. Remove the cooked waffle and repeat with the rest of the batter.
8. Top with a sunny-side up egg.

Herb + Cheese Waffles



This savory waffle with burrata, arugula and cherry tomatoes is a slice of heaven!

INGREDIENTS

- 1½ c. all-purpose flour
- 2 tsp. baking powder
- 1 tsp. sugar
- 1 tsp. oregano
- ½ tsp. salt
- ½ tsp. black pepper
- 1 egg, beaten
- 1 c. milk
- ¼ c. unsalted butter, melted
- ¾ c. ricotta cheese
- 1 tbsp. chives, sliced
- 1 ball burrata, torn
- ½ c. cherry tomatoes, halved
- 1 c. fresh arugula
- 1 tsp. balsamic glaze

INSTRUCTIONS

1. In a large bowl, combine the dry ingredients.
2. In another bowl, mix together the egg, milk, butter and ricotta cheese.
3. Combine the dry and wet ingredients.
4. Grease your waffle iron, then add about 3 tablespoons of the waffle batter.
5. Press the waffle iron down and cook for 3-5 minutes until the waffle is golden brown.
6. Remove the cooked waffle and repeat with the rest of the batter.
7. Top your waffles with burrata, chives, cherry tomatoes and fresh arugula.
8. Drizzle balsamic glaze over the waffles and enjoy!

Prep Time
10 minutes

Cook Time
20 minutes

Yield Amount
6 waffles

Goat Cheese, Spinach + Mushroom Waffles

Looking for a healthy alternative to top your waffles? This savory waffle with cooked spinach and mushrooms is calling your name.

INGREDIENTS

- 1½ c. all-purpose flour
- 1 tbsp. sugar
- 2 tsp. baking powder
- 1 tsp. dried thyme
- ¾ tsp. lemon juice
- ½ tsp. salt
- ½ tsp. pepper
- 6 oz. goat cheese, crumbled
- 1 c. spinach, cooked
- 1 c. mushrooms, sliced and cooked
- 1 egg, beaten
- 1 c. milk

INSTRUCTIONS

1. In a large bowl, combine the dry ingredients.
2. In another bowl, whisk together the goat cheese, cooked spinach, mushrooms, egg and milk.
3. Add the dry ingredients to the wet ingredients, mixing to combine.
4. Grease your waffle iron, then add about 3 tablespoons of the waffle batter.
5. Press the waffle iron down and cook for 3-5 minutes until the waffle is golden brown.
6. Remove the cooked waffle and repeat with the rest of the batter.



Prep Time
10 minutes

Cook Time
20 minutes

Yield Amount
6 waffles

A VISUAL GUIDE TO **HUMMINGBIRDS**

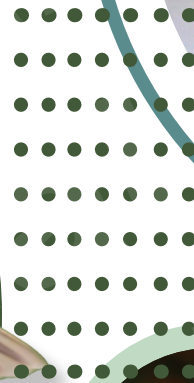
Don't let their size fool you!
Fascinating, feisty and fluttery,
these beautiful birds are one
of the most fascinating
members of the animal
kingdom.



SNAPSHOT OF NORTH AMERICAN HUMMINGBIRDS

There are more than 320 hummingbird species in the world, with approximately 20 throughout the United States. Here are a few to keep an eye out for.

Costa's Hummingbird
Sonoran and Mojave Deserts, coastal California



Anna's Hummingbird
Western coastal regions



Ruby-Throated Hummingbird
Eastern region
Has a wingspan of just 3-4 inches



Calliope Hummingbird
Northwestern mountains
Weighs almost the same as a ping-pong ball

Black-Chinned Hummingbird

Southwest region
Its heartbeat can drop to 45-180 beats per minute on cold nights



HUMMINGBIRDS

BY THE NUMBERS



Number of species:
320 and counting

Lifespan:
3-5 years



Wing beat rate: up to 80 beats a second

Heartbeat rate:
up to 1,200 beats per minute

Flying speeds:
30-45 MPH (males can reach up to 60 MPH when impressing the ladies, of course)



Hummingbird Feeders 101

1. Make simple sugar water by mixing one part white sugar to four parts water. Boil and let cool before putting in feeder. Refrigerate any extra and bring to room temperature before refilling the feeder.
2. Place feeders at least 15 feet apart and keep them in the same spot each year.
3. To avoid dangerous mold, clean feeders every 3-4 days, or when empty, with hot water.



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