

American River Parkway Foundation grant funds mini-field guide for “Common Birds of the Sacramento Region”

The ARFP grant is seed money to print a series of mini field guides. “Common Birds of the Sacramento Region”, the first in the series, sells for \$1 (includes tax) in the Effie Yeaw Nature Center Discovery Shop.

Lia Robertson, EYNC naturalist and ARNHA Board member, designed this mini-guide to provide a simple field guide for novice birders, especially students.

Future mini-guides for the Sacramento Region, including one for butterflies and another for wildflowers, will be funded from the sale of our bird mini-guide.

We are grateful to the Foundation for helping ARNHA advance nature education on the Parkway.

American Robin
Most robins come down from higher elevations in late fall. They eat insects, fruits, and berries. It is common to see a robin run on the lawn, stop short, look, then pull out an earthworm for a meal.



White-crowned Sparrow
White-crowned sparrows move in and out of brush piles and bushes feasting on seeds and insects. They are common visitors in yards and parks from late September until early May.



House Finch
House finches can live almost anywhere but like to nest and raise their families near buildings. In winter, large flocks will gather to feed on seeds in fields.



Yellow-rumped Warbler
Yellow-rumped warblers visit California valleys in the winter. They like parks, rivers and yards where they feed upon insects, often catching them in midair.



Dark-eyed Junco
Dark-eyed juncos are cheerful winter visitors to the valley. Flocks of juncos will gather to feast on seeds of plants and trees in residential areas. They like roadsides, fields, and brushy places.



American Goldfinch
American goldfinches live in fields, meadows, and woods, sometimes joining flocks of other finches to feed on seeds in fields and gardens. They are particularly fond of the seeds of star thistle and dandelions.



Spotted Towhee
These shy and wary birds vigorously scratch in leaves and under shrubbery in yards and parks. They feed on insects and wild fruit.



Brewer's Blackbird
Brewer's blackbirds chatter continuously and live almost anywhere, wherever there is plenty of water. They enjoy a wet open lawn, feasting on moth larvae and other insects.



**Common Birds
Sacramento Region**



See our other publications at the Effie Yeaw Nature Center Discovery Shop or visit www.arnha.org

American River Natural History Association
P.O. Box 241, Carmichael CA 95609-0241
(916) 489-4918
arnha@comcast.net

Printing funded by the American River Parkway Foundation



American River
Natural History Association

Great Egret
The great egret can be found in marshes, along stream edges, and around irrigated lands. Egrets feed by wading slowly through the water, then spearing a fish with a sudden lunge.



Mourning Dove
In late summer, large flocks of these gentle creatures gather in the stubble fields to feed on grains and seeds. The cooing of the males in early spring announces that they are ready to nest.



Northern Flicker
Flickers live in wooded areas and orchards, foraging in trees and on the ground. They eat acorns, nuts and insects, especially ants. When flying, the flickers in this area show orange-red in their wing feathers.



Western Scrub jay
Scrub jays are found in most yards and woodland thickets. They feed on almost everything—acorns, nuts, fruit, insects, other birds' eggs and nestlings.



Red-tailed Hawk
The red-tailed hawk is a magnificent flyer, soaring high on air currents in search of food such as



Anna's Hummingbird
Anna's hummingbirds are little birds ready to battle over feeding territory. Special favorites are flowers with lots of nectar, spiders, and insects.



Black Phoebe
The black phoebe can be found near water perching upright on a branch or a building where it can keep an eye out for flying insects.



Yellow-billed Magpie
The only place in the world that the yellow-billed magpie is found is in some valleys in California. They feed in fields and yards and are often seen scavenging where small animals have been killed on roads.



Wild Turkey
Introduced as a game bird in California, wild turkeys live in oak-savannah and river habitats. They eat grasses, seeds, insects, and acorns.



Acorn Woodpecker
Acorn woodpeckers are active, sociable, and noisy. They gather large quantities of acorns which they store in dead wood and enjoy the insects and their larva which make their homes in the acorns.



Tree Swallow
Tree swallows like wooded areas near streams. They can be seen skimming close to the water scooping up insects. These swallows usually nest in a hole in a tree trunk.



Bushtit
Except during the spring breeding season, bushtits stay in flocks, always on the move. They twitter softly as they pass, examining twigs and leaves for the small insects that make up their diet.

