Background

- Small animals often need to forage for food all day long. If you watch closely, you may see birds eating discarded garbage in mall parking lots.
Bird Feeders for Small Birds

• Tube feeders provide bird perches that replicate tree branches.

• Tube feeders will need a steel shepherd’s hook with a convenient “step-on” base that anchors the hook six inches into the ground. The tube feeder’s looped handle can be placed on the hook’s “curl.”
Feeding Larger Birds and Squirrels

- Birds such as Cardinals, Robins, Woodpeckers and Doves and are too large for tube feeders.
- Tray feeders can be hung, or placed on the ground.
- Many bird enthusiasts purchase squirrel-proof feeders which is a cruel practice. According to Wikipedia, the oldest squirrel fossil, Hesperopetes, dates back to the Chadronian age or late Eocene Epoch (40-35 million years ago). Squirrels and Chipmunks can access tray feeders.
Bird Seed and Peanuts in the Shell

- Birds like a mixture of millet and black oil sunflower seeds.
- Millet is a delicious nutty-flavored, nutritious food with 15% protein, tryptophan and minerals.
- The sunflower seed is the fruit of the sunflower. Sweet, nutty sunflower seeds are an excellent source of essential fatty acids, vitamins, and minerals. They are rich in Vitamin E, copper, B Vitamins like thiamine, phosphorus, selenium, and more.
Bird Seed and Peanuts in the Shell

• Squirrels, Chipmunks and Woodpeckers love whole peanuts in-the-shell. All three will grab peanuts soon after you put them out.

• Monounsaturated fat in peanuts will help animals add body weight that they need as insulation for cold winters.

• The nutrition in peanuts, that exceeds many other foods, may explain why larger birds and small animals love them.
Bird Seed and Peanuts in the Shell

- Animals seem to have an instinct for selecting nutritious food. Peanuts provide:
  - Monounsaturated fat that’s used for energy
  - Dietary fiber
  - 13 Vitamins (including A, B group, C and E)
  - 26 minerals including calcium and iron.
Phytates in Grains, Nuts and Seeds

• Phytates present in the outer layer of grains, nuts and seeds are antinutrients. This means they chemically bind with important nutrients making them unavailable in metabolism.

• Animals love Black Oil Sunflower seeds and they instinctively de-hull. They also love peanuts in the shell (which they remove).

• The bird food presented is de-hulled which means you will not need to clean up the hulls.
Phytates (continued)

- Nuts and seeds can turn rancid when exposed to light. Store these supplies in a dark area.

- Millet is a grain that is common in bird seed. Millet does not contain a removable hull which means birds and other animals consume the phytates in this grain.

- Phytates are chemically removed in fermentation. The ancients in Mesopotamia knew how to ferment food. Fermented foods exist mostly for human consumption.
Phytates (continued)

• Spelt, a grain that has been cultivated since 5,000 B.C., is naturally low in phytates, but it is not available (at present) in bird seed.

• A salt water soak can remove phytates in nuts and seeds. This practice is described in Sally Fallon’s *Nourishing Traditions* cookbook. Nuts or seeds can be placed in a Mason jar that is filled with Spring Water. A pinch of sea salt is added and the content needs to soak overnight.
Phytates (continued)

• The Aztecs knew to soak pumpkin seeds in brine and then place them in the sun to dry. According to the *Merriam Webster Dictionary*, brine is water saturated or strongly impregnated with salt.
Corn on the Cob, or Corncob

• A corncob is the central core of an ear of corn.

• “Ear” comes from the ancient word “ahs,” that means “husk of corn.” In English, the ear is also referred to as a “cob.”

• The ear is the spiked part of the corn plant that contains kernels.
Corn Cobs for Squirrels

Sharon Plummer published this video of a squirrel corn cob feeder on Feb 2, 2016. When you watch the video, you will understand why corn cob feeders need to be mounted on posts.

Snacktime adirondack chair squirrel
https://www.youtube.com/watch?v=JpG3nrW810w
Water and an Antiparasite Remedy

• Animals need clean Spring Water to drink and an antiparasite remedy such as Lugol’s Iodine Solution or Thyme tincture.

• Lugol’s Iodine is a famous, 190 year-old, French, water-based iodine/potassium iodide solution discovered by Jean Guillaume August Lugol (1788-1851).

• D. Gary Young (1949-2018), former CEO of Young Living Essential Oils and writer, taught that Thyme kills hook-worms, roundworms, threadworms and skin parasites.
Water and an Antiparasite Remedy

Gary also taught that Thyme destroys Cryptococcus neoformans, Aspergillus, Saprolegnia, Salmonella, typhimurium, Staphylococcus aureas, and Escherichia coli.

- Tap water contains chlorine and fluoride that are important topics in the research work of:
  Dr. Hulda Clark and the Fluoride Action Network (http://www.fluoridealert.org).
See URLs on the next page:
Water and an Antiparasite Remedy

http://housing.x10host.com/clark_part_1_11_24_08.pdf
http://housing.x10host.com/clark_part_2_12_21_08.pdf

• Animals need clean Spring Water to drink and water sold in HDPE (high-density polyethylene) containers. HDPE gallon jugs are the best choice because this plastic does not leach.
Droll Yankee Whipper Bird Feeder

- 4 seed ports
- Feeder perch is sprung and calibrated for birds up to the weight of a Cardinal (2 oz).
- The 4-3/4” x 21” feeder tube is made of UV stabilized polycarbonate for long-lasting durability
- The metal caps are removable for cleaning.

Droll Yankee Whipper Bird Feeder, Walmart, $99.93
The Droll Yankee Whipper (YCPW-180) Bird Feeder manual has a helpful diagram that shows how to take the feeder apart for cleaning.
Products

The Droll Yankee 24 inch bird feeder brush is a perfect size for cleaning a feeder that is 21 inches long.
Products

Panacea Single Crook Shepherds Hook

- **Sturdy Wrought Iron**
- “Step-on” base that anchors the hook six inches into the ground.
- A feeder’s looped handle can be placed on the hook’s “curl.”
- Height: 64 inches

Coveside Conservation Products Large Screen Feeder (Made in the USA)

- Durable metal screen
- Can be pole mounted or used as a ground feeder with optional legs
- Capacity: 1 pound
- Dimensions:
  - Hole size: 1.25”
  - Tray Height: 2”
  - 19.5” Square

Large Screen Feeder, Walmart, $33.71
Products

Smart Solar Ceramic Koi Fountain

- Solar powered
- Keeps water flowing
- Dimensions: (L x W x H) 14.50 x 14.50 x 6.70 Inches

Smart Solar 21372R01 Ceramic Solar Koi Fountain Blue Glazed Finish,
Walmart, $65.99
Smart Solar has an online PDF guide with instructions for setup and maintenance of the fountain.

Smart Solar Setup and Maintenance Instructions:
Products

Belle Fleur Adirondack Chair Squirrel Corn Cob Feeder

- 9.6-inches x 9.5-inches x 7.7-inches
- Twist a corn cob on the post
- Easily mounts to a post with one screw

Belle Fleur Adirondack Chair Squirrel Feeder, Green, 1 Corn Cob Capacity, Walmart, $22.99
Products

Harvest Seed & Supply No Waste Wild Bird Food

- No Waste seed blend with de-hulled sunflower seeds
- Keeps your feeder area cleaner.
- Ideal for use in tube, or platform feeders
- Contains sunflower chips, millet, peanuts and canary seed.

Harvest Seed & Supply No Waste Wild Bird Food, 10 lbs., Walmart, $10.64
Products

Jrk Seed & Turf Supply Corn on the Cob
• Dried
• 10 pounds

HJrk Seed & Turf Supply Corn on the Cob, 10-Lb., Walmart, $23.67
Products

Beaver Creek Pet Supplies Inshell Peanuts for Animals

- Unsalted peanuts in the shell
- 25-lb bag and is not intended for human consumption
- High-energy food source

Inshell Peanuts for Animals, Walmart, $49.98
Great Value Spring Water (Walmart’s brand)
• One gallon
• High Density Polyethylene (HDPE) plastic does not leach
J.CROW’S Lugol’s Solution of Iodine 5%

- 1 drops for wildlife
- 1 drops for children (3 times a day)
- 3 to 9 drops for adults (3 times a day)

J.CROW’S Lugol’s Solution of Iodine 5%, Walmart, $24.95
Products

Thyme Extract
Eclectic Institute
1 oz Liquid

- 2 drops for wildlife
- 2 drops for children (3 times a day)
- 6 drops for adults (3 times a day)

Thyme Extract Eclectic Institute 1 oz Liquid, Walmart, $15.42