



Feeding Backyard Birds

Pumpkin seeds can be a nutritious fall treat for backyard birds.

Read about pumpkins [here](https://tinyurl.com/y3qxkokr). (<https://tinyurl.com/y3qxkokr>)



If you have seeds left over after carving pumpkins, you can put them out for your backyard birds. Many birds that eat seeds and nuts will try pumpkin seeds that have been lightly roasted.



Instructions for Roasting Pumpkin Seeds

1. Rinse seeds in water to remove most of the pulp.
2. Spread cleaned seeds in a thin layer on a non-stick tray.
3. Bake at 250 degrees for 20 – 30 minutes.
4. Stir the seeds every five minutes to keep them from burning.
5. Allow seeds to cool.
6. Breaking up the seeds can make them easier for smaller birds to eat. You can do this by crushing them with a rolling pin or grinding them coarsely in a food processor.
7. Place seeds outside in a dish or tray feeder. Dried seeds can also be scattered directly on the ground, patio, or deck.

Notes:

- **Do not feed birds seeds with salt or other seasonings on them. It may harm them.**
- It may take a few days for birds to find the seeds you put out.
- You can also try putting raw seeds (just scooped out of the pumpkin) in a dish or tray feeder. Birds that eat fruit and berries may pick out pieces of pulp and munch on the seeds.

Common Maryland Birds that Eat Seeds



black-capped chickadee



blue jay



cardinal



mockingbird



purple finch

