



## Why Black Oil Sunflower?

**Black oil seeds are meatier and have a higher oil content, giving birds more nutrition and calories in every bite. Black oil seeds also have thinner shells, making them easier for small birds to crack.**

**The general nutritional components of black oil sunflower seed are:**

**28 percent fat**

**25 percent fiber**

**15 percent protein**

**Calcium**

**B vitamins**

**Iron**

**Vitamin E**

**Potassium**



### • Welcomed visitors

- Northern cardinals
- Tufted titmice
- Mourning doves and Eurasian collared-doves
- Gray catbirds
- Evening grosbeaks
- Common and boat-tailed grackles
- Bushtits
- Black-billed magpies
- Cassin's, purple and house finches
- Pine siskins
- Jays,
- Chickadees
- Nuthatches
- Woodpecker species including downy, hairy, acorn, gila, red-bellied and ladder-backed woodpeckers

