

Ten things we can all do to help migratory and resident birds:



SMITHSONIAN MIGRATORY BIRD CENTER

1. Minimize or eliminate the use of pesticides. Buy organically grown products.
2. Buy shade-grown coffee. Research by the Smithsonian Migratory Bird Center has shown that shade-grown coffee plantations in Latin America provide excellent habitat for birds, whereas sun coffee plantations destroy bird habitat. For more information and a list of companies selling certified, "bird-friendly" coffee, see Smithsonian Migratory Bird Center web site: <http://www.si.edu/smbc>).
3. Maintain and or restore natural habitat on your property. Plant and maintain native trees, shrubs, and vines that provide year round food, water, and shelter for birds. Keep in mind that even though your backyard may not be big enough to serve as breeding habitat for many types of migratory birds, it can provide critical stopover habitat, that is, places for migrating birds to stop to rest and refuel. For more information, contact: National Wildlife Federation, Backyard Habitat Program Office, 8925 Leesburg Pike, Vienna, VA 22184; 703-790-4434; <http://www.nwf.org/habitats>.
4. Reduce the risk of bird predation by keeping cats indoors, especially during migration and the breeding season (Contact the American Bird Conservancy's "Cats Indoors" program for more information: 202-778-9666). Refrain from putting table scraps out for wildlife and dispose of household garbage responsibly so as to not attract predators (such as raccoons and crows) and sustain their numbers at abnormally high levels.
5. Invite neighboring landowners to join your backyard habitat effort to make for a greater cumulative effect. Corridors of natural habitats are very important for migrating birds.
6. Become involved in local land-use planning to preserve and restore natural habitats in your community.
7. Plan or participate in International Migratory Bird Day, held each year on or around the second Saturday in May. Hundreds of events take place throughout the United States with the goal of raising public awareness of migratory birds and the conservation issues that affect them. An International Migratory Bird Day festival will be held on Saturday, May 6, 2000 at the National Zoo. Call Mary Deinlein at the Smithsonian Migratory Bird Center for more information or if you would like to volunteer to help with the event: 202-673-4908.
8. If birds are colliding with your windows or glass doors, break up the reflection using decals or non-reflective coating, or by putting blinds, curtains, or a screen in front of the glass.
9. Support conservation organizations dedicated to protecting birds and their habitats.
10. Write letters to local, state, and federal officials urging them to support legislation that will protect birds and their habitats.

Each of these topics and more are explored in *Bring Back the Birds: What You Can Do to Save Threatened Species* which is available locally at the National Zoo's Bookstore or from the publisher, Stackpole Books (1-800-732-3669).

Certified Shade-Grown Coffees

The following companies are the *only* sources of shade-grown, organic coffees that are certified by an independent, third party inspector using shade criteria developed by the Smithsonian Migratory Bird Center (SMBC). These coffees carry the "Bird-friendly™" seal of approval and royalties from their sale support SMBC research and conservation programs:

Arbuckle Coffee Roasters	520-790-5282 (Tuscon, AZ)
Café Canopy	FMZ International: 888-716-4966 (www.shade-coffee.com)
Café Rojas Organic	Boyd Coffee Company: 800-223-8211 (www.boyds.com)
Cochrane Coffee Traders	403-932-4395 (Cochrane, Alberta Canada)
Daily Roast	301-495-4879 (Silver Spring, MD)

Other Shade-Grown Coffees

(ask about certification)

E Blend	Conservation International: (888) 274-4274
Songbird Coffee	Thanksgiving Coffee Company: 800-648-6491
Sanctuary Coffee	Counter Culture Coffee Company: 888-238-5282
Canopy Coffee	Texas Coffee Traders: (800) 343-4875

Organic Coffees

(not necessarily shade-grown, but likely to be)

Adams's Organic Coffees: (415) 864-3830
Allegro Coffee: (800) 666-4869
Aztec Harvests: (800) 639-2378
Cafe Altura: (805) 933-3027
Royal Blue Organics: (800) 392-0117
Equal Exchange: (617) 830-0303
Frontier Coffee: (319) 227-7996
Green Mountain Coffee: (800) 545-2326
Harbor House Coffee: (800) 541-4699
InterNatural Foods: (201) 909-0808
Montana Coffee Traders: (800) 345-5282
Nature's Finest: (800) 237-5205
Organic Coffee Co.: (800) 758-5282