

How to Make a Cake which Garden Birds Find Irresistible



Insects are difficult to find in winter time and so birds need to look for alternative sources of protein to survive. Small songbirds need to eat around 40% of their body weight every day and you can help them by making this special bird cake. It's a tried and tested recipe, which will attract many different species. You can make more than one cake at a time. If you cover the extra cakes, and store them in the fridge, they'll keep fresh for a few weeks.



STEP 1

Prepare the ingredients. Sunflower seeds and peanuts are good high energy foods. Crush the peanuts into small pieces to prevent the birds choking on whole nuts. Just put a few in a bag and then bash them with a rolling pin or a jam jar.



STEP 2

Place all the ingredients in an empty food container, like one of these foil trays. You can buy these new, but it is better, and of course cheaper, to recycle old ones. You can also use old yogurt pots, or old margarine tubs.



STEP 3

Next take your fat, which will bind all the ingredients together. A block this size, weighing 500 grams, will provide enough for two or three cakes.



STEP 4

Next get a grown up or someone with a City & Guilds in Marginally Dangerous Sports to cut off about half of the block of fat, and melt it in a saucepan over a very low heat.



STEP 5

After a couple of minutes, the block should have completely melted. Get your grown up to remove the pan from the heat and pour the fat over your seeds. Leave it in a cool place to set, and when it has fully hardened it's ready to give to the birds.

BIRD FEEDING TIPS

- Provide fresh clean water every day
- Give kitchen scraps like cheese, cooked potato and bread.
- Clear up uneaten food at the end of the day as it could attract rats.
- Avoid giving salted nuts and only give peanuts from a good supplier.
- Clean feeding areas regularly to prevent any disease.
- You can use other seeds in the cake, but don't give desiccated coconut as it swells up in the birds stomach.



ABOUT THIS FACTSHEET

This factsheet is one of a series written and published by UK Safari - a website for anyone interested in the wildlife and countryside of Britain. UK Safari also publish a free monthly nature newsletter. Visit: www.uksafari.com