

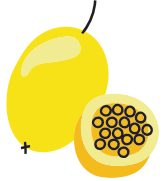
Feed the Birds

Passion Fruit Cup

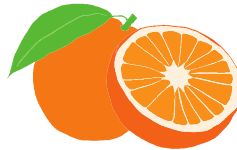
Bird Feeder



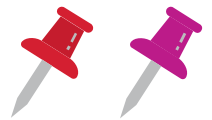
The St Lucia Parrot likes to eat fruits, seeds, leaves, flowers and sometimes insects. They may travel long distances to feed on their favorite fruit trees, which includes mangoes and wild passion fruits too.



Other birds, like the ones that visit your backyard, also enjoy eating fruits, seeds and insects. Here is a simple to make bird feeder that will keep your backyard birds happy and well fed.



You will need an adult to help you find and use the following:



- String -clothesline (paracord) works best
- Scissors
- Thumb tack, nail or knife
- Passion Fruit or Grapefruit/ Oranges/ Lemons
- Bird seeds (can be purchased at a pet shop)
- Pieces of fruits; mangoes, bananas, papaya, pommecythere (golden apple/ hog plum/ june plum), carambola (starfruit/ five fingers) or any other local fruits you have at home



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Passion Fruit Cup

Bird Feeder



Instructions

1. Cut the Passion Fruit (or other citrus fruit you are using) in half. This will give you two 'cups.'
2. Remove all the fleshy parts and seeds from the cups. You may eat the pulp or use it to make juice (yum!). Be careful as you do not want to tear the fruit skin.
3. Using the thumb tack, nail or knife pierce four holes in each cup to make a cross.
4. Cut four (4) pieces of paracord, long enough so that the cups can be hung from a branch or hook.
5. Using one paracord, tie a knot at one end.
6. Take the loose end and pass it straight through two holes in the cup.
7. Pull up at the centre to create a long loop for hanging. Tie the loose end into a knot on the outside of the cup.
8. Repeat steps 5 and 6 using another piece of paracord for the other two holes in the cup.
9. Repeat steps 5,6, 7 and 8 for the other cup.
10. Fill your cups with bird seeds and pieces of fruits.
11. Hang somewhere birds can find them without being disturbed like on a branch of a tree in your yard.

