

# Seed-sicles

Make a tasty frozen treat for our feathered friends!

## Collect

- 4 Paper cups
- Water
- String
- Wild bird seed
- Fresh fruit such as oranges or grapes



## Freeze the fruit

1. Cut the fresh fruit into small pieces and put them in the bottom of the cups so that they fill about 1/3 of the cup.
2. Cut four long pieces of string and tie them into loops. Place one end of the loop in the bottom of each cup. This loop will be used to hang the finished bird feeder.  
*Hint: To help hold the string in place, wrap it around a piece of fruit like an anchor!*
3. Fill the cups about 1/3 of the way with water, just enough to cover the fruit pieces. Make sure the top of the string loop is still hanging out above the water.
4. Place the cups in the freezer for one hour.

## Add some seeds

5. Pull the cups out of the freezer.
6. Pour a thick layer of wild bird seed mix into each cup on top of the frozen fruit layer.
7. Fill the cups the rest of the way with water.
8. Place the cups back in the freezer.

## Hang it up!

9. After the water has frozen, gently peel the paper cup away from the frozen fruit and seed-sicle.  
*Hint: To make it easier to remove the paper, quickly run the cup under some hot water to help loosen the ice.*
10. Use the string loop to hang the bird feeder outside from the branches of a tree. If you plan on watching to see which birds come to visit, make sure it's visible from a window.

## Birds of a feather eat together!

Different birds are attracted to different types of food. Many wild bird seed mixes contain ingredients that appeal to a wide range of birds such as sunflower seeds, safflower seeds, and millet. This means you may see a variety of birds at your feeder this winter. For a list of wild birds commonly found in our area, visit the Maryland Department of Natural Resources website. Use their guide to see if you can identify any of your winter visitors!