

Bird Suet

COOL FACTS:

- Suet not just for winter use.
- Can be vegetable shortening, animal fat or lard
- High source of energy

Bird suet is made from fat, most often animal fat. It is a source of energy and important in diet. Fat energy helps birds sustain activity levels longer. In the spring it helps with energy demands of nesting birds. In summer it can be a good supplement to insect eating birds and in fall it helps birds store the fat they will need for migration or the coming winter. To help them survive the cold winter suet replenishes nutrients they will need.



BACKYARD PROJECT

You can purchase suet in pet stores, butcher shops; you can save it from meat drippings, or buy lard or vegetable shortening from grocery stores. There is a variety of homemade suet receipts that can be made for your own back yard.

EASY SUET RECIPE

- 1 cup suet/vegetable shortening
- 1 cup chunky peanut butter
- 2 1/2 cups ground cornmeal
- ½ cranberries or raisin
- 1 cup bird seed

Mix the vegetable shortening (suet) and peanut butter together until smooth. Add all other ingredients and mix. Pour into molds and refrigerate or freeze until firm and they you are ready to use.

DID YOU KNOW?

You can also stuff and roll a pine cone with the recipe above and hang the pine cone from a tree.

Now get outdoors!