The Hermit thrush winters in the far north, and summers through much of the United States. These birds prefer understories, especially around edges and openings.

In spring, the Hermit thrush eats mainly insects, such as beetles, caterpillars, bees, ants, wasps, and flies. They also occasionally eat small amphibians and reptiles. In the winter, they change their diet to eat more fruit, including wild berries. When searching for insects, they forage on the ground, and will occasionally pick up leaves or grass to shake them to see if insects can be found.

This bird is the first of the thrushes to migrate each year.
Salmonberry

This perennial shrub grows to 13 feet tall and has stems covered with fine prickles. Its pink to magenta flowers are produced in early spring to early summer. The fruits, resembling a large yellow to orange-red raspberry, begin to ripen in May.

The flowers of the Salmonberry are a favorite of hummingbirds and their blooms often coincide with the return of the Rufous hummingbird. Its berries are popular with grouse, pigeons, quail, grosbeaks, jays, robins, thrushes, towhees, waxwings, sparrows, and other species. The Swainson’s thrush is often referred to as the “salmonberry bird” because its song usually coincides with the ripening of the salmon berries. This plant makes a great alternative to invasive blackberries.

Salmonberry prefers moist soil, can tolerate partial shade, and flourishes in disturbed areas.