

# Northern Parula

*Parula americana*



Plant -  
Pitch Apple

## About this Bird

The Northern Parula is a tiny, colourful warbler. It has bluish upperparts, yellow throat and breast, white belly, and two white wing bars. Look out for the white arcs around the eyes. The males have black and reddish chest bands. These dainty birds pick insects and spiders off the underside of leaves and also hunt for insects in the air. The Northern Parula migrates up the Atlantic coast of the US during the spring migration and down into the Caribbean again for the winter. *Bird Size 13 cm, 5.25 in.*

## Where this Bird Can Be Found

