

Photo of the Week: Hummingbirds and Heliconias

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This photo captures two of nature's most wonderful oddities: hummingbirds and heliconias!

Hummingbirds are the tiniest birds in the world and can fly as fast as 60 miles per hour in a dive. Contrary to popular belief, they don't suck up nectar through their beaks like a straw--they lap it up with their long, pointy tongues!

Heliconias are sometimes called lobster claws or parrot flowers because of their waxy, beak-like cups, called "bracts." These bracts hide the flowers, keeping their sweet nectar tucked away so that only specialized birds can get to it.

This photo was taken at the [Costa Rica Nature Pavilion](#) by [Nelson Mena](#).