

## Butterfly Host and Nectar Plants

### Host Plants

Host plants are plants that butterflies lay their eggs on. Then, in 10 to 14 days, the tiny larvae, less than an 1/8" long, emerge and begin eating the plant. It's a fascinating process as they munch away, growing larger every day. Equally fascinating is watching the caterpillar leave the plant to form a chrysalis. Remember these plants are to feed the caterpillars they will be defoliated.



#### Flowers:

Aster (Aster spp.)

**Attracts:** American Lady, Cabbage White, Common Buckeye, Painted Lady, Pearl Crescent, Question Mark, Red Admiral, Viceroy, American Snout, Common Checkered-Skipper, Fiery Skipper, Orange Sulphur, Eastern Tailed-Blue, Lorquin Admiral, West Coast Lady, Sleepy Orange, Anise Swallowtail, Sachem

Black-Eyed Susan (Rudbeckia hirta)

**Attracts:** Great Spangled Fritillary, Silvery Checkerspot, American Snout

Butterfly Milkweed (Asclepias tuberosa)

**Attracts:** Black Swallowtail, Great Spangled Fritillary, Monarch, Queen, Zebra Longwing, Zebra Swallowtail, Variegated Fritillary, Gray Hairstreak, American Copper, Sleepy Orange

Common Milkweed (Asclepias syriaca)

**Attracts:** American Lady, Black Swallowtail, Great Spangled Fritillary, Monarch, Painted Lady, Queen, Question Mark, Red Admiral, Red-spotted Purple, Zebra Swallowtail, Silver-spotted Skipper, Silvery Checkerspot, Spicebush Swallowtail, Variegated Fritillary, Viceroy, Banded Hairstreak, Delaware Skipper, Baltimore Checkerspot, Eastern Tailed-Blue, Fiery Skipper, Gray

### Nectar Plants

Of the two types of plants you'll need to attract butterflies to your garden, nectar plants are usually mentioned first because they add color, style and beauty to your garden while providing the food most adult butterflies need to sustain life. For butterflies, presentation is everything so by grouping a number of the same nectar plants together you'll help butterflies see your scrumptious offering from a distance.



#### Flowers:

Aster (Aster spp.)

**Attracts:** American Lady, Cabbage White, Common Buckeye, Painted Lady, Pearl Crescent, Question Mark, Red Admiral, Viceroy, American Snout, Common Checkered-Skipper, Fiery Skipper, Orange Sulphur, Eastern Tailed-Blue, Lorquin Admiral, West Coast Lady, Sleepy Orange, Anise Swallowtail, Sachem

Black-Eyed Susan (Rudbeckia hirta)

**Attracts:** Great Spangled Fritillary, Silvery Checkerspot, American Snout

Blazing Stars (Liatris spp.)

**Attracts:** Monarch, Painted Lady, Silver-spotted Skipper, Gulf Fritillary

Butterfly Milkweed (Asclepias tuberosa)

**Attracts:** : Black Swallowtail, Great Spangled Fritillary, Monarch, Queen, Zebra Longwing, Zebra Swallowtail, Variegated Fritillary, Gray Hairstreak, American Copper, Sleepy Orange

Buttonbush (Cephalanthus occidentalis)

**Attracts:** Painted Lady, Silver-spotted Skipper, Delaware Skipper, Zabulon Skipper, Hoary Edge, Horace's Duskywing, Lorquin Admiral

Cardinal Flower (Lobelia cardinalis)

**Attracts:** Checkered White

Common Milkweed (Asclepias syriaca)

**Attracts:** American Lady, Black

<p>Hairstreak , Mourning Cloak, Orange Sulphur, Little Glassywing, Zabulon Skipper, Southern Cloudywing, Hoary Edge, Lorquin Admiral, Peck's Skipper, Red-banded Hairstreak, Sachem, Spring Azure</p> <p>Coneflowers (Echinacea purpurea) <b>Attracts:</b> American Lady, Giant Swallowtail, Great Spangled Fritillary, Painted Lady, Pearl Crescent, Red Admiral, Silvery Checkerspot, Spicebush Swallowtail, Eastern Tiger Swallowtail, Variegated Fritillary, Viceroy, Fiery Skipper, Gulf Fritillary, Sachem, Tawny-edge Skipper</p> <p>False Nettle (Boehmeria cylindrica) <b>Attracts:</b> Question Mark, Red Admiral, Eastern Comma, West Coast Lady, Milbert's Tortoiseshell</p> <p>Hollyhock (Alcea rosea) <b>Attracts:</b> Painted Lady, Gray Hairstreak , West Coast Lady, Common Checkered-Skipper</p> <p>Mallow (Malva spp.) <b>Attracts:</b>American Lady, Common Checkered-Skipper, Gray Hairstreak , Painted Lady, West Coast Lady</p> <p>Pussy-toe (Antennaria plantaginifolia) <b>Attracts:</b> American Lady</p> <p>Rue (Ruta graveolens) <b>Attracts:</b> Black Swallowtail, Giant Swallowtail</p> <p>Ruellia (Ruellia spp.) <b>Attracts:</b> Common Buckeye</p> <p>Shasta Daisy (Leucanthemum spp.) <b>Attracts:</b> Painted Lady, Red Admiral</p> <p>Silver Brocade (Artemisia stelleriana) <b>Attracts:</b> American Lady</p> <p>Snapdragon (Antirrhinum majus) <b>Attracts:</b> Common Buckeye</p> <p>Spider flower (Cleome hasslerana) <b>Attracts:</b> Cabbage White, Great Southern White</p> <p>Sunflower (Helianthus spp.) <b>Attracts:</b> American Lady, Giant Swallowtail, Painted Lady, Silvery Checkerspot, Spicebush Swallowtail, Wild Indigo Duskywing, Sachem, Bordered Patch</p>	<p>Swallowtail, Great Spangled Fritillary, Monarch, Painted Lady, Queen, Question Mark, Red Admiral, Red-spotted Purple, Zebra Swallowtail, Silver-spotted Skipper, Silvery Checkerspot, Spicebush Swallowtail, Variegated Fritillary, Viceroy, Banded Hairstreak, Delaware Skipper, Baltimore Checkerspot, Eastern Tailed-Blue, Fiery Skipper, Gray Hairstreak , Mourning Cloak, Orange Sulphur, Little Glassywing, Zabulon</p> <p>Coneflowers (Echinacea purpurea) <b>Attracts:</b> American Lady, Giant Swallowtail, Great Spangled Fritillary, Painted Lady, Pearl Crescent, Red Admiral, Silvery Checkerspot, Spicebush Swallowtail, Eastern Tiger Swallowtail, Variegated Fritillary, Viceroy, Fiery Skipper, Gulf Fritillary, Sachem, Tawny-edge Skipper</p> <p>Coreopsis (Coreopsis spp.) <b>Attracts:</b> Common Buckeye, Monarch, Eastern Tailed-Blue</p> <p>Cosmos (Cosmos spp.) <b>Attracts:</b> Cabbage White, Painted Lady, Zebra Swallowtail, Silvery Checkerspot, Sleepy Orange</p> <p>Dianthus Family (Dianthus spp.) <b>Attracts:</b> Giant Swallowtail, Eastern Tiger Swallowtail</p> <p>Lantana (Lantana camara) <b>Attracts:</b> Giant Swallowtail, Monarch, Pipevine Swallowtail, Red-spotted Purple, Spicebush Swallowtail, Checkered White</p> <p>Marigold (Tagetes spp.) <b>Attracts:</b> American Lady</p> <p>Mexican Sunflowers (Tithonia rotundifolia) <b>Attracts:</b> Pipevine Swallowtail, Eastern Tiger Swallowtail</p> <p>Petunia (Petunia x hybrida) <b>Attracts:</b> Pipevine Swallowtail, Eastern Tiger Swallowtail</p> <p>Salvia (Salvia spp.) Orange-barred Sulphur, Monarch, Giant Swallowtail, Spicebush Swallowtail</p> <p>Shasta Daisy (Leucanthemum spp.) <b>Attracts:</b> Painted Lady, Red Admiral</p>
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Swamp Milkweed (*Asclepias incarnata*)

**Attracts:** Common Buckeye, Giant Swallowtail, Great Spangled Fritillary, Monarch, Pearl Crescent, Pipevine Swallowtail, Queen, Variegated Fritillary, Banded Hairstreak, Delaware Skipper, Bronze Copper, Gray Hairstreak, Little Glassywing, Peck's Skipper, Two-tailed Swallowtail

Tall Verbena (*Verbena bonariensis*)

**Attracts:** American Lady, Cabbage White, Common Buckeye, Great Spangled Fritillary, Painted Lady, Pearl Crescent, Pipevine Swallowtail, Zebra Longwing, Zebra Swallowtail, Silvery Checkerspot, Fiery Skipper

Violet (*Viola* spp. )

**Attracts:** Great Spangled Fritillary, Variegated Fritillary, Falcate Orangetip

Wild Senna (*Senna hebecarpa*)

**Attracts:** Cloudless Sulphur, Sleepy Orange, Orange-barred Sulphur

Woodland Stonecrop (*Sedum ternatum*)

**Attracts:** Variegated Fritillary, Fiery Skipper

**Herbs:**

Dill (*Anthemum graveolens*)

**Attracts:** Black Swallowtail, Anise Swallowtail

Fennel (*Foeniculum vulgare*)

**Attracts:** Black Swallowtail, Anise Swallowtail

Parsley (*Petroselinum crispum*)

**Attracts:** Black Swallowtail, Anise Swallowtail

**Grasses:**

Little Bluestem Grass (*Schizachyrium scoparium*)

**Attracts:** Crossline Skipper, Delaware Skipper

Orchard Grass (*Dactylis glomerata*)

**Attracts:** Little Wood Satyr

Panic Grass (*Panicum* spp.)

Northern Pearly-eye, Northern Broken Dash, Tawny-edge Skipper, Delaware Skipper, Least Skipper

Sunflower (*Helianthus* spp.)

**Attracts:** American Lady, Giant Swallowtail, Painted Lady, Silvery Checkerspot, Spicebush Swallowtail, Wild Indigo Duskywing, Sachem, Bordered Patch

Swamp Milkweed (*Asclepias incarnata*)

Common Buckeye, Giant Swallowtail, Great Spangled Fritillary, Monarch, Pearl Crescent, Pipevine Swallowtail, Queen, Variegated Fritillary, Banded Hairstreak, Delaware Skipper, Bronze Copper, Gray Hairstreak, Little Glassywing, Peck's Skipper, Two-tailed Swallowtail

Tall Verbena (*Verbena bonariensis*)

**Attracts:** American Lady, Cabbage White, Common Buckeye, Great Spangled Fritillary, Painted Lady, Pearl Crescent, Pipevine Swallowtail, Zebra Longwing, Zebra Swallowtail, Silvery Checkerspot, Fiery Skipper

Thistle (*Cirsium discolor*)

**Attracts:** Black Swallowtail, Chalcidon Checkerspot, Sachem, Two-tailed Swallowtail, Milbert's Tortoiseshell, Tawny-edge Skipper

Violet (*Viola* spp. )

**Attracts:** Great Spangled Fritillary, Variegated Fritillary, Falcate Orangetip

Woodland Stonecrop (*Sedum ternatum*)

**Attracts:** Variegated Fritillary, Fiery Skipper

Yarrow (*Achillea* spp.)

**Attracts:** Banded Hairstreak, Lorquin Admiral, West Coast Lady, American Copper, Red-banded Hairstreak

Zinnia (*Zinnia elegans*)

**Attracts:** Painted Lady, Pearl Crescent, Queen, Zebra Swallowtail, Eastern Tailed-Blue, Mourning Cloak, American Copper, Anise Swallowtail

**Shrubs:**

False Indigo (*Baptisia australis*)

**Attracts:** Silver-spotted Skipper, Wild Indigo Duskywing, Hoary Edge

Spicebush (*Lindera benzoin*)

**Attracts:** Spicebush Swallowtail

**Vines:**

Passion Flowers (*Passiflora* spp.)

**Attracts:** Great Spangled Fritillary, Zebra Longwing, Variegated Fritillary, Julia Heliconian, Checkered White, Cloudless Sulphur, Gray Hairstreak, Gulf Fritillary

Pipevine (*Aristolochia macrophylla*)

**Attracts:** Pipevine Swallowtail

**Trees:**

Aspen Tree (*Populus* spp.)

**Attracts:** Red-spotted Purple, Viceroy, Mourning Cloak, Western Tiger Swallowtail, Dreamy Duskywing

Common HopTree (*Ptelea trifoliata*)

**Attracts:** Eastern Comma, Two-tailed Swallowtail

Flowering Dogwood (*Cornus*)

**Attracts:** American Snout, Banded Hairstreak, Spring Azure

Pawpaw (*Asimina triloba*)

**Attracts:** Zebra Swallowtail

Prickly Ash (*Zanthoxylum americanum*)

**Attracts:** Giant Swallowtail, Spicebush Swallowtail

Sassafras (*Sassafras albidum*)

**Attracts:** Spicebush Swallowtail

Sweet Bay (*Magnolia virginiana*)

**Attracts:** Eastern Tiger Swallowtail

Willow (*Salix*)

**Attracts:** Red-spotted Purple, Viceroy, Eastern Tiger Swallowtail, Lorquin Admiral, Mourning Cloak, Western Tiger Swallowtail, Dreamy Duskywing

**Shrubs:**

Butterfly Bush (*Buddleia* spp.)

**Attracts:** Black Swallowtail, Giant Swallowtail, Monarch, Painted Lady, Pipevine Swallowtail, Question Mark, Red Admiral, Zebra Swallowtail, Spicebush Swallowtail, Eastern Tiger Swallowtail, Variegated Fritillary, Viceroy, Eastern Comma, Mourning Cloak, Anise Swallowtail

**Vines:**

Passion Flowers (*Passiflora* spp.)

**Attracts:** Great Spangled Fritillary, Zebra Longwing, Variegated Fritillary, Julia Heliconian, Checkered White, Cloudless Sulphur, Gray Hairstreak, Gulf Fritillary

**Trees:**

Chaste Tree (*Vitex agnus-castus*)

**Attracts:** Eastern Tiger Swallowtail

Flowering Dogwood (*Cornus*)

**Attracts:** American Snout, Banded Hairstreak, Spring Azure