

Native Plants for Butterflies & Moths

Prepared by Dana Kelley Bressette

Butterflies and moths prefer yellow or orange, scented, tubular flowers. They need a landing platform and prefer closely packed clusters of flowers so that they can rest while lapping nectar from several flowers at one stop. They especially like composites such as asters, daisies and sunflowers that have several florets in one "flower." If you want to plant a butterfly garden, you can't forget to provide food for caterpillars too!

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| <p>Nectar Plants:</p> <p>Composites (Asteraceae): Beggarticks, <i>Bidens sp.</i> Thistles, <i>Cirsium sp.</i> Joe Pye Weed, <i>Eupatoriadelphus maculatum</i> Asters, <i>Symphotrichum sp.</i> Goldenrods, <i>Solidago sp.</i> <i>Pearly Everlasting</i>, <i>Anaphalis margaritacea</i></p> <p>Pea Family (Fabaceae): Everlasting Pea, <i>Lathyrus latifolius</i>, Clovers, <i>Trifolium sp.</i> Vetches, <i>Vicia sp.</i></p> | <p>Mints (Labiatae): Selfheal, <i>Prunella vulgaris</i> Mints, <i>Mentha sp.</i></p> <p>Other Families: Milkweeds, <i>Asclepias sp.</i> <i>Ceanothus sp.</i> Spreading Dogbane, <i>Apocynum androsaemifolium</i> Stonecrops, <i>Sedum sp.</i> Wallflowers, <i>Erysimum sp.</i> Iris</p> <p>Rose Family: Bitter Cherry, <i>Prunus emarginata</i> Choke Cherry, <i>Prunus virginiana</i></p> |
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Larval Host Plants:

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| Oregon White Oak | <i>Quercus garryana</i> |
| Shore Pine | <i>Pinus contorta</i> |
| Ponderosa Pine | <i>Pinus ponderosa</i> |
| Douglas Fir | <i>Pseudotsuga menziesii</i> |
| Black Hawthorn | <i>Crataegus douglasii</i> |
| Pacific Willow | <i>Salix lucida</i> |
| Vine Maple | <i>Acer circinatum</i> |
| Saskatoon Serviceberry | <i>Amelanchier alnifolia</i> |
| Redstem Ceanothus | <i>Ceanothus sanguineus</i> |
| Red-Twig Dogwood | <i>Cornus sericea</i> |
| Nootka Rose | <i>Rosa nutkana</i> |
| Thimbleberry | <i>Rubus parviflorus</i> |
| American Cranberrybush | <i>Viburnum opulus</i> |
| Kinnikinnick | <i>Arctostaphylos uva-ursi</i> |
| Wild Strawberry | <i>Fragaria virginiana</i> |
| Black crowberry | <i>Empetrum nigrum</i> |
| White Mountain Avens | <i>Dryas octopetala</i> |
| Pearly Everlasting | <i>Anaphalis margaritacea</i> |
| Desert False Indigo | <i>Amorpha fruticosa</i> |
| Howell's Pussytoes | <i>Antennaria howellii</i> |
| Tower Rockcress | <i>Arabis glabra</i> |
| Showy Milkweed | <i>Asclepias speciosa</i> |
| Common hop | <i>Humulus lupulus</i> |
| Stinging Nettle | <i>Urtica dioica</i> |
| Drummond's Potentilla | <i>Potentilla drummondii</i> |
| Hook-spurred Violet | <i>Viola adunca</i> |
| Purple reedgrass | <i>Calamagrostis purpurascens</i> |
| Poverty wild oat grass | <i>Danthonia spicata</i> |
| Idaho fescue | <i>Festuca idahoensis</i> |
| Kentucky bluegrass | <i>Poa pratensis</i> |

Butterflies or moths

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| Proterpius Duskywing |
| Western Pine Elfin |
| Pine White |
| Pine White |
| Gray Hairstreak & Mourning Cloak |
| Mourning Cloak |
| Western Tiger Swallowtail |
| California Hairstreak |
| Pale Swallowtail |
| Spring Azure |
| Mourning Cloak |
| Yellow-banded sphinx |
| Spring Azure |
| Hoary Elfin & Brown Elfin |
| Gray Hairstreak |
| Arctic Blue |
| Alberta Fritillary |
| Painted Lady |
| Silver-spotted Skipper & Gray Hairstreak |
| Painted Lady |
| Large Marble |
| Monarch |
| Red Admiral |
| Red Admiral |
| Two-banded Checkered-Skipper |
| Zerene & Hydaspe Fritillary |
| Arctic Skipper |
| Chryxus Arctic |
| Sonora Skipper |
| Common Roadside-Skipper |