



# Inviting Butterflies to your Garden Plants & Practices to Attract Butterflies

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## Larval/Host Plants

Particular plants for a female butterfly to place her eggs on that provide the right food source for her larvae.

<u>BOTANICAL NAME</u>	<u>COMMON NAME</u>	<u>BUTTERFLY ATTRACTED</u>
<i>Aristolochia californica</i>	Dutchman's Pipevine	Pipevine Swallowtail
<i>Asclepias species</i>	Milkweed	Monarch
<i>Ceanothus species</i>	California Wild Lilac	Pale Tiger Swallowtail, Brown Elfin, California Hairstreak, Spring Azure (Echo Blue)
<i>Eriogonum species</i>	Buckwheat	Gray Hairstreak, Acmon Blue
<i>Foeniculum vulgare</i> 'Smokey'	Bronze Fennel	Anise Swallowtail
<i>Holodiscus discolor</i>	Oceanspray, Cream bush	Lorquin's Admiral, Pale Swallowtail, Spring Azure
<i>Lavatera &amp; Malva species</i>	Lavatera/Mallow	Painted Lady, West Coast Lady, Gray Hairstreak, Common Checkered Skipper
<i>Mimulus &amp; Penstemon species</i>	Monkey Flower & Blue Bedder Penstemon	Common Buckeye
<i>Passiflora species</i>	Passion Flower	Gulf Fritillary
Grasses:		
<i>Carex species</i> (Carex); <i>festuca species</i> (Fescue); <i>Muhlenbergia rigens</i> (Deer Grass)		California Ringlet, variety of skippers including Umber Skipper, Woodland Skipper, Fiery Skipper, & Sachem Skipper
Trees:		
<i>Quercus species</i>	Oak Trees	California Sister, California Hairstreak, Gray Hairstreak, Echo Blue & Mournful Duskywing
<i>Salix species</i>	Willow Trees	Mourning Cloak, Lorquin's Admiral, Western Tiger Swallowtail
Weeds:		
<i>Brassica campestris</i>	Field Mustard	Sara Orangetip, Checkered White, Veined White, & Cabbage White
<i>Urtica species</i>	Nettles	Red Admiral, Painted Lady, West Coast Lady

## Nectar Plants

Plants that provide a food source to a variety of adult butterflies year-round.

<u>BOTANICAL NAME</u>	<u>COMMON NAME</u>	<u>SEASON OF BLOOM</u>
<i>Achillea species</i>	Yarrow	Spring, Summer & Fall
<i>Aster species</i>	Aster	Summer & Fall
<i>Bidens</i>	Bur-Marigold	Spring, Summer & Fall
<i>Buddleia species</i>	Butterfly Bush	Summer
<i>Convolvulus sabatius</i>	Morning Glory	Summer
<i>Erigeron glaucus</i>	Seaside Daisy	Spring & Summer
<i>Lantana species</i>	Lantana	Spring, Summer & Fall
<i>Lavandula species</i>	Lavender	Spring & Summer
<i>Leucanthemum maximum</i>	Shasta Daisy	Summer & Fall
<i>Limonium species</i>	Statice	Spring, Summer & Fall
<i>Origanum x'Hopley's'</i>	Hopley's Oregano	Summer
<i>Salvia species</i>	Sage	Spring, Summer & Fall
<i>Scabiosa columbaria</i> 'Butterfly Blue' & 'Pink Mist'	Pincushion Flower	Spring, Summer, & Fall
<i>Sedum spectabile</i> 'Autumn Joy', 'Autumn Fire'	Stonecrop	Fall
<i>Verbena species</i>	Verbena	Spring, Summer & Fall

## Creating your own Butterfly Garden

1. Choose a sunny location.
2. Shelter the garden from wind with a screen of shrubs or a fence.
3. Add rocks to absorb the sun's heat and serve as a perch for butterflies to warm their wings.
4. Include a small pool of water or mud puddle as a source of mineral nutrients.
5. Choose a diversity of plants that will create a long series of bloom as a food source and plant in large clumps.
6. Include plants that provide both nectar for the adult butterfly and leaves, flowers and seeds for the larvae to feed.
7. **DO NOT SPRAY ANY PESTICIDES** in your garden.
8. Leave a corner in your garden unpruned and unweeded for additional habitat.

## Favorite Resources

- *Butterflies through Binoculars: The West* by Jeffrey Glassberg
- *Caterpillars in the Field and Garden* by Thomas Allen, Jim Brock & Jeffrey Glassberg

**FREE Educational Publications Available from National Garden Clubs, Inc.  
www.gardenclub.org**

*Inviting Butterflies into Your Garden:* <http://gardenclub.org/resources/projects/ngc-inviting-butterflies-into-your-garden.pdf>

*Pollinator Power:* <http://gardenclub.org/resources/ngc-mpgc/ngc-pollinator-power.pdf>

*Ecology Warriors:* <http://www.gardenclub.org/resources/ngc-ecology-warriors-workbook-101614.pdf>

**Habitat Certification Programs**

- *National Wildlife Federation* - <http://www.nwf.org/CertifiedWildlifeHabitat/>
- *North American Butterfly Association* - <http://naba.org/>
- *Monarch Watch* - <http://monarchwatch.org/waystations/certify.html>
- *National Pollinator Garden Network & Million Pollinator Garden Challenge* – <http://millionpollinatorgardens.org/>
- *Xerces Society for Invertebrate Conservation* - <http://www.xerces.org/bringbackthepollinators/>

Each sign purchased from any of these organizations raises awareness of the environment needed for a successful habitat. Whether you have an apartment balcony with containers, city garden or multiple acres, you can create a garden that attracts wildlife including monarchs and other pollinators that helps restore habitat in both commercial and residential areas.