



Butterfly and Showy Moth Nectar Plants

Butterflies have several stages in their lifecycle. The plants on this list provide nectar for the adult butterfly. It is also important to supply food for the caterpillar stage of the life cycle. A separate list is available with these host plants. For detailed information on which plant hosts which species of butterflies, please consult "Bringing Nature Home" by Doug Tallamy. A copy is available for review or purchase in the office.

Amsonia Amsonia, Dogbane
Asarum canadense ginger
Asclepias Milkweed
Aster Asters
Ceanothus americana New Jersey Tea
Cephalanthus occidentalis Buttonbush
Cercis canadensis Redbud
Chelone glabra Turtlehead
Chelone lyonii Turtlehead
Cimicifuga racemosa Snakeroot
Clethra alnifolia Summersweet
Coreopsis sp. Tickseeds
Cornus florida Dogwood
Echinacea coneflowers
Eupatorium maculatum Joe Pye Weed
Helianthus Sunflower
Hibiscus Hibiscus
Ilex Holly
Itea virginica Virginia Sweetspire
Kalmia latifolia Mountain Laurel
Liatris punctata Blazing star
Liriodendron tulipifera Tulip Tree
Lobelia cardinalis Cardinal Flower
Phlox sp. Phlox

Continued on reverse side

Bring life to the landscape with native plants.

Butterfly Nectar Plants, continued

Potentilla tridentata Cinquefoil
Prunus Cherry
Pycnanthemum virginianum Mountain Mint
Rhododendron Rhododendron and Azaleas
Rhus Sumacs
Rudbeckia family coneflowers
Sedum Sedum
Solidago family Goldenrods
Spirea latifolia Meadowsweet
Vaccinium angustifolium Lowbush Blueberry
Verbena Verbena
Vernonia noveboracensis Ironweed
Viburnum family Viburnums *Viola* family Violets

A note about Butterfly Bush: While Butterfly Bush (Buddleia) provides nectar for butterflies, it does not provide larval food for a single species of North American Butterfly. For butterflies to continue their generations, they must have a place to lay eggs. They will lay eggs only on plants that will provide food for the emerging larvae.

Butterfly Bush is known to become invasive. This means that it has spread to, and is taking over, natural areas. Even if it is not a problem in your own garden, the seed can spread far beyond your property line and become a problem for other areas.

We recommend removing Buddleia plants. If you can not remove your plant, remove spent flower blossoms immediately so they do not set seed. Be sure to include larval plants in your landscape.