Butterflies in the Garden

Who doesn't marvel at the sight of a Monarch or Swallowtail flitting about the garden? You can entice these intriguing insects to visit your garden regularly by providing plants that will meet their needs. Some plants provide nectar for the adult butterflies while others are food for the caterpillars. The plants eaten by caterpillars easily outgrow any "damage" that the chewing young cause. Not only cultivated plants need be considered. There are many weeds that are also beneficial food sources: Tarweeds, Dandelions, Cudweeds, Nettles, Plantain, Thistles, Mallows and Fennel to name a few.

BEST NECTAR PLANTS TO FEED BUTTERFLIES:
"CA" Denotes California Native Plants.

Abelia grandiflora
Achillea millefolium **CA**
Aesculus californica (Buckeye) **CA**
Ageratum houstonianum (Floss flower)
Alcea rosea (Hollyhock)
Allium spp. (Onion family **CA**
Armeria **CA**
*Asclepias fascicularis, californica,
   speciosa (Milkweed) **CA**
Aster spp.
Baccharis pilularis (Coyote bush) **CA**
Bidens (Bur Marigold)
Buddleja spp. (Butterfly Bush)
Ceratostigma sp.
Caryopteris sp.
Ceanothus spp. **CA**
Centaurea sp.(Cornflower)
Centranthus ruber (Jupiter's Beard)
Chrysanthemum spp.
Cosmos spp.
Coreopsis spp.
Echinacea purpurea (Coneflower)
Echinops spp. (Globe Thistle)
Erigeron glaucus spp. (Fleabane) **CA**
Eriogonum spp. (Buckwheat) **CA**

Escallonia spp.
Helianthus spp. (Sunflower)
Heliotropium arborescens
Lantana
Lavandula (Lavender)
Ligustrum spp. (Privet)
Lobularia maritime (Sweet Alyssum)
Mentha spp. (Mint)
Monarda didyma (Bee Balm)
Nepeta spp. (Catmint)
Phacelia spp. (Lantern Plant) **CA**
Phlox spp.
Plumbago auriculata (Cape Plumbago)
Prunus ilicifolia **CA**
Rubus (Blackberry)
Rudbeckia spp. (Black Eyed Susan)
Salvia spp. (Sage- especially clevelandii **CA**)
Sambucus nigra **CA**
Sedum spp.
Statice
Syringa (Lilac)
Tagetes spp. (Marigold)
Thymus spp. (Thyme)
Tithonia (Mexican Sunflower)
Zinnia

In general any of the composite plants (Daisies) are beneficial.

*Plant milkweed inland farther than 5 miles from the coast. Within 5 miles of the coast, plant adult Monarch nectar sources only to encourage them to complete their migration.

Sloat
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Garden Center

Turn over for best food plants to feed butterfly larvae (caterpillars).

We'll help you grow the plants you love!

BEST FOOD PLANTS FOR BUTTERFLY LARVAE (CATERPILLARS):
"CA" denotes California native plants.

Achillea millefolium **CA** - American Lady, Painted Lady
Asters- Field Crescents
Aesculus californica (Buckeye) **CA** - Echo Spring Azure
Aristolochia californica (Pipevine) **CA** - Pipevine Swallowtail
Alcea rosea (Hollyhock)- Painted Lady, Checkered Skipper, West Coast Lady
Artemesia pycnocephala **CA** - American Lady, Painted Lady
*Asclepias fascicularis, californica, speciosa (Milkweed) **CA** - Monarch
Ceanothus **CA** - California Tortoiseshell, Gray Hairstreak, Pale Tiger Swallowtail
Deschampsia cespitosa (Tufted Hairgrass) **CA** - Umber Skipper
Eriogonum spp. (Buckwheat) **CA** - Gray Hairstreak, Acmon Blue
Fennel (also Anise and Parsley) - Anise Swallowtail
Festuca californica, idahoensis **CA** - Common Ringlet, Sandhill Skipper
Heteromeles (Toyon) **CA** - Echo Spring Azure, Grey Hairstreak
Mimulus (Monkeyflower) **CA** - Checkerspots, Common Buckeye, Mylitta Crescent
Passiflora (Passion Vine) - Gulf Fritillary
Platanus (California Sycamore) **CA** - Western Tiger Swallowtail
Populus (Aspen, Poplar) **CA** and Salix (Willows) **CA** - Western Tiger Swallowtail, Mourning
  Cloak, Admirals
Prunus ilicifolia **CA** - Pale Tiger Swallowtail
Quercus agrifolia (Coast Live Oak) **CA**- California Sister, California Tortoiseshell, Western
  Tiger Swallowtail
Rhamnus californica (Coffeeberry) **CA** - Echo Spring Azure, Gray Hairstreak, Pale Tiger
  Swallowtail
Ribes sangunieum (Pink Currant) **CA** - Satyr Comma
Rosa californica **CA** - Gray Hairstreak
Sidalcea (Checker Bloom) **CA** - Common Skipper
Sphaeralcea **CA** - West Coast Lady, Painted Lady, Checkered Skipper
Stipa pulchra (Purple Needlegrass) **CA** - Common Ringlet
Viola pedunculata **CA** - Silverspot Frittilary, Variable Checkerspot

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