

Plants for Butterflies



All provide abundant nectar butterflies crave!

Common Name	Botanical Name
Perennials	
Aster *	<i>Aster</i>
Beard Tongue *	<i>Penstemon spp.</i>
Bee Balm	<i>Monarda spp.</i>
Black-Eyed Susan	<i>Rudbeckia hirta</i>
Blanket Flower	<i>Gaillardia spp.</i>
Bleeding Heart *	<i>Dicentra spp.</i>
Broadleaf/Common Plantain	<i>Plantago major</i>
Buckwheat *	<i>Eriogonum spp.</i>
California Aster	<i>Symphyotrichum chilense</i>
Canna Lily	<i>Canna spp.</i>
Clover	<i>Trifolium spp.</i>
Columbine	<i>Aquilegia spp.</i>
Coneflower	<i>Echinacea spp.</i>
Coreopsis	<i>Coreopsis spp.</i>
Cosmos	<i>Cosmos spp.</i>
Coyotemint	<i>Monardella villosa</i>
Deerweed	<i>Acmispon glaber/Lotus scoparius</i>
Dusty Miller	<i>Senecio cineraria</i>
Fennel *	<i>Foeniculum vulgare</i>
Foxglove *	<i>Digitalis spp.</i>
Gayfeather	<i>Liatris spp.</i>
Geum *	<i>Geum</i>
Goldenrod	<i>Solidago spp.</i>
Grasses *	<i>Carex, Festuca, others</i>
Heliotrope	<i>Heliotropium arborescens</i>
Hollyhock *	<i>Alcea rosea spp.</i>
Jacob's Ladder	<i>Polemonium spp.</i>
Japanese Bellflower	<i>Platycodon spp.</i>
Lily Of The Nile	<i>Agapanthus spp.</i>
Lippia	<i>Lippia repens, Phyla nodiflora</i>
Lupine *	<i>Lupinus spp.</i>
Mallow	<i>Lavatera spp.</i>
Matilija Poppy	<i>Romneya coulteri</i>
Mexican Sunflower	<i>Tithonia spp.</i>
Michaelmas Daisy	<i>Aster novi-belgii, others</i>
Milkweed *	<i>Asclepias spp.</i>
Monkey Flower	<i>Diplacus, Mimulus spp.</i>
Mullein	<i>Verbascum spp.</i>
Nettle	<i>Urtica spp.</i>
Pearly Everlasting	<i>Anaphalis spp.</i>
Peter's Gold Carpet	<i>Bidens ferulifolia</i>
Phlox, Summer Phlox	<i>Phlox paniculata</i>
Pincushion Flower	<i>Scabiosa spp.</i>
Plumbago	<i>Ceratostigma plumbaginoides</i>
Red Valerian	<i>Centranthus ruber</i>
Russian Sage	<i>Perovskia atriplicifolia</i>
Sage	<i>Salvia spp.</i>
Santa Barbara Daisy	<i>Erigeron karvinskianus</i>
Scented Geranium	<i>Pelargonium graveolens</i>
Sea Holly	<i>Eryngium spp.</i>
Sea Lavender/Statice	<i>Limonium spp.</i>
Sea Thrift	<i>Armeria spp.</i>

Common Name	Botanical Name
Seaside Daisy	<i>Erigeron spp.</i>
Shasta Daisy	<i>Leucantheyaum superbum</i>
Snapdragon	<i>Antirrhinum spp.</i>
Snow In Summer	<i>Alyssum spp.</i>
Speedwell *	<i>Veronica spp.</i>
Stoke's Aster	<i>Stokesia laevis</i>
Thistle	<i>Cirsium, Eryngium, others</i>
Thyme	<i>Thymus spp.</i>
Toadflax *	<i>Linaria purpurea</i>
Torch Lily	<i>Kniphofia spp.</i>
Verbena	<i>Verbena spp.</i>
Vinca	<i>Vinca minor</i>
Wall Flower	<i>Erysimum spp.</i>
Wild Radish	<i>Raphanus raphanistrum</i>
Yarrow	<i>Achillea spp.</i>
Shrubs	
Bluebeard/Blue Mist	<i>Caryopteris spp.</i>
Butterfly Bush	<i>Buddleja spp.</i>
California Coffeeberry	<i>Rhamnus californica</i>
California Wild Lilac	<i>Ceanothus spp.</i>
Chaste Tree	<i>Vitex agnus-castus</i>
Hebe	<i>Hebe spp.</i>
Lantana	<i>Lantana spp.</i>
Lavender	<i>Lavandula spp.</i>
Oak	<i>Quercus spp.</i>
Rosemary	<i>Rosmarinus officinalis</i>
Spirea	<i>Spiraea spp.</i>
Strawberry Tree	<i>Arbutus unedo or marina</i>
Tree Mallow	<i>Lavatera arborea</i>
Viburnum	<i>Viburnum spp.</i>
Willow	<i>Salix spp.</i>
Vines	
Black-Eyed Susan Vine	<i>Thunbergia alata</i>
Dutchman's Pipe *	<i>Aristolochia spp.</i>
Wisteria	<i>Wisteria spp.</i>
Annuals	
Marigold	<i>Tagetes spp.</i>
Mustard	<i>Brassica spp.</i>
Sunflower *	<i>Helianthus spp.</i>
Violet (native) *	<i>Viola adunca & pedunculata</i>
Zinnia	<i>Zinnia spp.</i>

* Larval host plant—perfect butterfly breeding ground!



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Build your own *Butterfly Garden*

Butterflies are instrumental to keeping our ecosystems in balance. They have been impacted by habitat decline, drought and wide spread (often improper) pesticide use. Creating a butterfly sanctuary in your garden is easy, fun, entertaining and helps ensure the survival of our fluttering friends.

Important to Note:

- Adult butterflies need high nectar flowers
- Large, trumpet shaped flowers = big butterflies
- Smaller blossoms = little butterflies
- Hungry caterpillars need host plants



*Milkweed is a must for Monarchs!
The only place they lay their eggs and the only
food their hungry caterpillars eat, Milkweed in
your garden helps bolster their numbers,
now in dangerous decline.*

Food—butterflies and caterpillars need it!

- Food for caterpillars is just as important as nectar for butterflies. Good larval plants for our area include hollyhock, nasturtium, parsley, cabbage and passion vine. Plants often considered weeds are some of the best host plants: milkweed, plantain, fennel, mustard, mallow and thistle.
- For maximum butterfly benefit, stay away from hybrids and stick to single flowers; double flowers produce less nectar. Refer to the list on the reverse for great butterfly plants to start your garden.

Water—butterflies love it!

- Shallow muddy puddles are best; males need them to pass salts and minerals that they pass to eggs while mating.
- Make your own butterfly retreat using a saucer of sand topped with water. Add a pinch of salt and slice of citrus for extra nutrients for butterflies. Or just water your plants in the ground a little longer to leave shallow puddles for butterfly refuge.
- Wet areas often attract males of multiple species, making them prime viewing spots.



Sunlight—a primary requirement

Make sure you have a spot for butterflies to soak the rays. A pebble patio, stone wall, gravel path or big rock with a flat surface will do the trick.

Shelter—for wind and rain protection

Create a windbreak for your garden made of plants that also provide nectar.

Woodpiles, eaves and the leaves of bushes and trees can serve as protection on rainy days.

Safer pesticide practices—butterflies want to live!

- **Do not spray on windy days;** protect butterflies, birds, bees, other beneficial insects and wildlife.
- **Avoid spraying open flowers.** Spray just before bud break.
Apples: spray when pinholes on small fruit appear. Pear Blight: follow special instructions.
Use Bt for bud worms, but never spray Bt products on Milkweed.
- **Spray at dawn, dusk, or at night.**
- **Systemic insecticides translocate to flowers and can harm pollinators,** even applied to soil.

Enjoy your butterfly world!

Once you've included all the elements and adopted safer gardening practices, you'll be amazed at the variety of butterflies and other visitors who will take up residence in the safe haven you've provided.