



All provide abundant nectar butterflies crave!

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

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

^{*} Larval host plant—perfect butterfly breeding ground!



Campbell - 2460 S. Winchester Blvd. | 408-866-0171 Cupertino - 1491 S. De Anza Blvd. | 408-996-8355 Dublin - 7360 San Ramon Rd. | 925-551-0231 Novato - 1430 S. Novato Blvd. | 415-878-0493 Palo Alto - 725 San Antonio Road | 650-493-5136



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.

