

Of the many creatures at home in the garden, few can match the grace and beauty of butterflies. They are important pollinators and a delight to see in any

A garden that includes plants for the entire life cycle will attract a variety of native butterflies. Butterfly larvae need host plants for food and as a place to pupate. Butterflies require nectar sources for food and plants for egg-laying.

Tips for Planting a Butterfly Garden

- Place your garden in a sunny place and provide rocks for butterflies to bask in the sun. Butterflies are sun-lovers and cannot fly until the sun's warmth.
- Group plants together to create a mass of color.
- Plant shrubs and trees nearby to offer a hiding place from predators and to shelter butterflies from the wind.
- Provide moisture. Butterflies extract water and minerals from damp soil.
- Avoid pesticides. They kill butterflies and their caterpillars.

To attract a diversity of butterflies and other pollinators in your garden, select a variety of plants with different floral colors, shapes, sizes and bloom times. The following list of plants is native to the Mid-Atlantic region and are listed based on their benefit for the different butterfly stages.

| Caterpillar Host Plants | Plants for Nectar Sources |
|---|---|
| Trees | Shrubs |
| * <i>Salix caroliniana</i> (willow) | * <i>Symphotrichum</i> spp., <i>Eurybias</i> spp., etc. (aster species) |
| * <i>Asimina triloba</i> (pawpaw) | * <i>Coreopsis verticillata</i> (whorled tickseed) |
| * <i>Betula nigra</i> (river birch) | * <i>Echinacea</i> spp. (coneflower) |
| * <i>Carpinus caroliniana</i> (American hornbeam) | * <i>Eupatorium fistulosum</i> (Joe Pye weed) |
| * <i>Cercis canadensis</i> (Eastern redbud) | * <i>Gaillardia grandiflora</i> (blanket flower) |
| * <i>Cornus florida</i> (dogwood) | * <i>Gaura lindheimeri</i> (Lindheimer's beeblossom) |
| * <i>Juniperus virginiana</i> (Eastern red cedar) | * <i>Heliopsis helianthoides</i> (smooth oxeye) |
| * <i>Ptelea trifoliata</i> (common hop-tree) | * <i>Hibiscus moscheutos</i> (rose-mallow) |
| * <i>Sassafras albidum</i> (sassafras) | * <i>Nepeta x faassenii</i> (giant catmint) |
| * <i>Quercus velutina</i> (black oak) | * <i>Oenothera</i> spp. (evening primrose) |
| Shrubs | * <i>Phlox carolina</i> (thickleaf phlox) |
| * <i>Lindera benzoin</i> (spicebush) | * <i>Phlox paniculata</i> (fall phlox) |
| * <i>Rhus</i> spp. (sumac) | * <i>Parthenium integrifolium</i> (American feverfew) |
| * <i>Viburnum dentatum</i> | * <i>Rudbeckia fulgida</i> (Black-eyed Susan) |
| Herbaceous Perennials | * <i>Sedum</i> spp. |
| * <i>Antennaria plantaginifolia</i> (pussy toes) | |
| * <i>Symphotrichum</i> spp., <i>Eurybias</i> spp., etc. (aster species) | |
| * <i>Asclepias incarnata</i> (swamp milkweed) | |
| * <i>Chelone glabra</i> , <i>C. lyonii</i> (turtlehead) | |
| * <i>Penstemon digitalis</i> (talus slope penstemon) | |
| Grasses | |

* *Panicum virgatum* (switchgrass)

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