



GARDENING for BUTTERFLIES in New England

TO ATTRACT THE MOST BUTTERFLIES
TO YOUR GARDEN, PLANT BOTH NECTAR
FLOWERS AND CATERPILLAR FOOD
PLANTS

MY "TOP FIFTEEN" NECTAR PLANTS

Butterfly Bush* (*Buddleia davidii* . *B. alternifolia* is also good.)
 Zinnias (tall, flat-topped varieties e.g. 'State Farm', 'Cut & Come
 Again', Carrousel. "Profusion" is okay. NOT pompoms.)
 Marigolds (*Tagetes* spp.) (Taller, single varieties; NOT pompoms.)
 Milkweeds: Swamp Milkweed (*Aesclepias incarnata*), Butterfly Weed
 (*A. tuberosa*), and Common Milkweed (*A. syriaca*- aggressive).
 New England Aster (*A. novae-angliae*), and most other asters.
 Scabiosa* ('Butterfly Blue' lives up to its name.)
 Purple Coneflower (and other *Echinacea* spp.)
 New Jersey Tea (*Ceanothus americanus*)
 Sweet Pepperbush (*Clethra alnifolia*) (all varieties)
 Gayfeather (*Liatris* spp.) (*L. ligulistylis*, *pycnostachya*, *koboldii*, etc.)
 Coreopsis spp. (Even 'Moonbeam' works for me)
 Joe-Pye Weed (*Eupatorium* spp. – all varieties)
 Cupplant or Compass Plant (*Silphium* spp.)
 Mexican sunflower (Tithonia) (excellent in late summer)
 Verbena: *V. bonariensis* in late summer and fall . Other verbenas okay.

ALSO GOOD: Chives (and other *Allium* spp.); *Senecio aureus* (wetland native for early bloom); Bee balm (*Monarda*); Thyme; Catmint* (*Nepeta*); Black-eyed Susan (*Rudbeckia*); Privet**; Dandelions**; Phlox; Thrift* (*Armeria*); Centranthus*; Valerian*; Dogbane (caution: aggressive); Mountain-Mint (*Pycnanthemum* spp.); Mint (*Mentha* spp.) (caution: aggressive); Lilacs*; Cosmos; Sedum; Helenium; blackberry; raspberry; lavender*; Galliardia; Red Clover*; Birds-foot Trefoil**; Button-bush (*Cephalanthus*); Black Cohosh (*Cimifuga racemosa*); Bidens (especially *Bidens alba*, which is annual in our climate); Lantana (not hardy); Pentas* (not hardy). For Moths: *Oenothera* spp.; *Nicotiana* spp.

*not native to the Americas, but well-behaved in our area **not native, may be aggressive

SOURCES FOR PLANTS AND SEEDS : Prairie Nursery; Prairie Moon Nursery
www.prairiemoonnursery.com ; Select Seeds www.selectseeds.com ; New England Wild

Flower Society www.newfs.org ; Churchill Nursery, Exeter, NH; Northeast Nurseries, Danvers, MA; Russell's Garden Center, Sudbury, MA; Bigelow Nurseries, Northboro, MA; Johnnies Selected Seeds, Winslow, ME; and many others.

ESSENTIAL LARVAL FOOD PLANTS FOR YOUR GARDEN

Red Admiral: Nettles (*Urtica dioica***), False Nettle (*Boehmeria cylindrica*), Hops (*Humulus lupulus*)

American Lady: Pussytoes (*Antennaria*- all species); Pearly Everlasting (*Anaphalis margaritacea*); Cudweed (*Gnaphalium obtusifolium*, etc.); Globe Thistle (*Echinops ritro***).

Black Swallowtail: Dill (*Anethum graveolens**); Queen Anne's Lace (*Daucus carota***); Fennel (*Foeniculum vulgare**); Parsley (*Petroselinum**); Lovage (*Levisticum officinale**); Scotch Lovage (*Ligusticum scoticum*); Rue (*Ruta graveolens***).

Spicebush Swallowtail: Spicebush (*Lindera benzoin*); Sassafras

Monarch: *Asclepias* spp-(Milkweeds)- all

Sulphurs, Eastern Tailed-Blue: Alfalfa*; Clovers*; Lespedeza, Desmodium, Lathyrus

Baltimore Checkerspot: Turtlehead (*Chelone glabra*); Plantain (*Plantago lanceolata*)

Pipevine Swallowtail: Dutchman's Pipe (*Aristolochia durior*)

Pearl Crescent: Asters; **Fritillaries:** Violets

Silver-spotted Skipper: Black locust (*Robinia*) (very aggressive); Honey locust (*Gleditsia*); Groundnut (*Apios americana***).

Viceroy: Poplars and Willows; **Mourning Cloak:** Willows

Red-spotted Purple: Black Cherry (*Prunus serotina*); poplars, birches, willows

Eastern Comma; Question Mark; Milbert's Tortoiseshell: Hops and Nettles; Elms

American Copper: sorrel, dock (*Rumex* spp.)**

Spring/Summer Azure: Black Cherry (*Prunus serotina*); *Spirea*; *Vaccinium*

Least and Peck's Skippers: Grasses: *Poa* spp.; *Panicum* spp.

Crossline, Cobweb, and Dusted Skippers: Little Bluestem (*Schizachyrium scoparium*)

BUTTERFLY RESOURCES

Massachusetts Butterfly Club www.massbutterflies.org In-state photographs of all species normally found here; membership information, field trips and publications.

Jeffrey Glassberg, Butterflies Through Binoculars: The East. Oxford University Press, 1993. The best field guide for our region.

James A. Scott, The Butterflies of North America. Stanford Univ. Press, 1986. Definitive resource for larval host plants.

Rick Cech, Butterflies of the East Coast. Princeton University Press, 2005. Beautiful up-to-date reference book; includes identification, host plants and habitat.