Butterflies are members of the insect order Lepidoptera, a word that describes the presence of scales on their wings. It is derived from the Greek words *lepis*, for scale, and *pteron*, for wing. Butterflies, like other insects, have segmented bodies divided into three major parts: head, thorax, and abdomen. Every butterfly has four stages to its life: egg, caterpillar (larva), chrysalis (pupa), and adult. The time spent in each stage varies with butterfly species. The gradual passage through the four stages is known as **metamorphosis**. The cycle begins as the adult female lays her eggs on the appropriate caterpillar food plant.

### Four Stages of Metamorphosis

- **Egg**
- **Larva**
- **Pupa**
- **Adult**

### Places to See

**Butterfly Gardens**
- Blowing Rocks Preserve
- Gumbo Limbo Nature Center
- Loxahatchee Wildlife Refuge
- Okeeheelee Nature Center
- Daggerwing Nature Center
- Mounts Botanical Garden
- Robert J. Huckshorn Arboretum-FAU Jupiter

### Nurseries That Sell Butterfly Plants

- Meadow Beauty Nursery—Lake Worth 561-966-6848
- Mesozoic Landscaping—Boynton Beach 561-967-2630
- Native Choice Nursery—Boynton Beach 561-756-4370
- Indian Trails Native Nursery—Lake Worth 561-641-9488

### Butterfly Books

- Butterflies of the East Coast by Rick Cech
- Florida Butterfly Gardening, by Marc and Maria Minno

### Organizations

- North American Butterfly Association (NABA)—ATALA CHAPTER
  To find out about meetings and field trips, call the butterfly hotline at 561/706-6732 or check out their web page at: http://www.nabapalmbeach.org

### Acknowledgements

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Flowering nectar plants are the most important source of food and nourishment for adult butterflies. Nectar is a sweet, sugary substance produced by many flowers. The butterfly obtains sugars from it that it needs for energy to survive.

*Firebush
Hamelia patens

**Porterweed
Stachytarpheta spp.

*Scorpiantail Heliotrope
Heliotropium angiospermum

*Ageratum
spp.

*Blue Mistflower
Conoclinium coelestinum

Golden Dewdrop
Duranta repens

*Butterfly Sage
Cordia globosa

*Wild Coffee
Psychotria nervosa

*Fiddlewood
Citharexylum spinosum

**Passionvine
Passiflora spp.

**Milkweed
Asclepias spp.

Pipevine
Aristolochia spp.

Parsley, Fennel, Dill
Cassia, *Senna and
*Chaemecrista spp.

**Citrus

*Red Bay

**Plumbago

*Coontie

WHERE HAVE ALL THE BUTTERFLIES GONE? Few sights are more delightful than that of a butterfly flitting from flower to flower. But sadly, butterflies have become all too rare in our rapidly changing environment.

Due in part to increasing environmental awareness, more and more people are changing their home landscaping methods in order to attract and conserve butterflies. Reducing the use of pesticides and growing butterfly-friendly plants are simple ways to invite butterflies to your doorstep. Butterfly Gardening is a concept designed to attract butterflies through the growing of two types of plants: food plants for the caterpillars and nectar plants for the adults.

Choosing the location for your garden is very important. Butterflies are “sun-loving” — they use their wings as solar panels as they need to have their bodies at a certain temperature before they can fly. Also, most butterfly plants prefer full sun. Shrubs and trees will provide the protection that butterflies need on windy or rainy days, as well as providing a location for butterflies to roost at night. Grouping plants with similar needs for mass effect to attract butterflies is also helpful.

This brochure includes information on the types of plants needed to start a butterfly garden and will introduce you to just a few of the species of butterflies which are found in south Florida. Once you have an active butterfly garden, you may want to learn the butterflies you are seeing. Close-focusing binoculars and a good field guide are essential for this effort.

Butterflies must have plants on which to lay their eggs. Butterflies have evolved with the native plants of a particular ecosystem and, therefore, are “finicky” eaters. In fact, most butterflies will only eat one type of plant making it very important to choose the correct plants for the butterflies that are found in your area. Butterflies are equipped with a highly sensitive sense of smell, which enables them to identify their caterpillar food plants from great distances. Some excellent caterpillar food sources for our area are listed below – many of these are available in native varieties. If you choose an exotic species, make sure that it is not listed as an “invasive” exotic.

**Native Plant
**Native varieties available

Zebra Heliconian
Gulf Fritillary
Julia Heliconian
Monarch
Queen
Polydamas Swallowtail
Black Swallowtail
Orange-barred Sulphur
Cloudless Sulphur
Giant Swallowtail
Palamedes Swallowtail
Cassius Blue
Atala

CATERPILLAR FOOD PLANTS

**Passionvine
Passiflora spp.

**Milkweed
Asclepias spp.

Pipevine
Aristolochia spp.

Parsley, Fennel, Dill
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