### SOME COMMON MASSACHUSETTS BUTTERFLIES AND THEIR CATERPILLAR HOST PLANTS

<table>
<thead>
<tr>
<th>Butterfly</th>
<th>Host Plants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black Swallowtail</td>
<td>Carrot, Dill, Parsley, Rue, Queen Anne’s Lace</td>
</tr>
<tr>
<td>Tiger Swallowtail</td>
<td>Variety of Trees and Shrubs</td>
</tr>
<tr>
<td>Spicebush Swallowtail</td>
<td>Sassafras, Spicebush</td>
</tr>
<tr>
<td>Cabbage White</td>
<td>Mustards, Cresses, Cabbage, Broccoli</td>
</tr>
<tr>
<td>American Copper</td>
<td>Sorrel, Curled Dock</td>
</tr>
<tr>
<td>Banded Hairstreak</td>
<td>Oaks, Walnuts, Hickories</td>
</tr>
<tr>
<td>Eastern Tailed-blue</td>
<td>Legumes, including Clovers and Vetches</td>
</tr>
<tr>
<td>Spring Azure</td>
<td>many woody shrubs and trees</td>
</tr>
<tr>
<td>Great-spangled Fritillary</td>
<td>Violets</td>
</tr>
<tr>
<td>Pearl Crescent</td>
<td>Asters</td>
</tr>
<tr>
<td>Question Mark</td>
<td>Nettles, False Nettle, Am. Elm</td>
</tr>
<tr>
<td>Eastern Comma</td>
<td>Nettles, False Nettle, Am. Elm, Hops</td>
</tr>
<tr>
<td>Mourning Cloak</td>
<td>Willows, Am. Elm, Aspens</td>
</tr>
<tr>
<td>Red Admiral</td>
<td>Nettles</td>
</tr>
<tr>
<td>American Lady</td>
<td>Everlastings, Pussytoes</td>
</tr>
<tr>
<td>Painted Lady</td>
<td>Thistles, Mallows, Everlastings</td>
</tr>
<tr>
<td>Red-spotted Purple</td>
<td>Cherries, Aspens, Apples, Plums</td>
</tr>
<tr>
<td>Viceroy</td>
<td>Willows, Aspens</td>
</tr>
<tr>
<td>Monarch</td>
<td>Milkweeds</td>
</tr>
<tr>
<td>Silver-spotted Skipper</td>
<td>Black Locust, Ground Nut</td>
</tr>
<tr>
<td>Skippers</td>
<td>Grasses, Sedges, Others</td>
</tr>
</tbody>
</table>

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Butterflies Through Binoculars, A Field Guide to the Butterflies of Eastern North America, Jeffrey Glassberg – Shows how and where to find, identify, and enjoy the species that inhabit the Northeast. Provides photos of living butterflies in their natural poses and in correct size relationship to other species. Uses field marks for species identification and give basic natural histories of each species in highly readable style.

Beneficial Gardening

(For Butterflies, Bees, Other Insects, Birds & The Planet!)

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While based mainly on butterfly considerations, these plants will benefit other insects as well. Native insects will benefit from native plants. Birds will benefit from native insects and seeds from native plants.

These lists of plantings were compiled from several sources, and are by no means exclusive. Be sure to take into consideration all the planting issues (amount of sunlight, type of soil, surrounding plants, colors, heights, time and length of blooming, etc.) for greatest success.

NATIVE WILDFLOWERS AND SHRUBS
Milkweeds
Meadowsweet
Joe-pye Weed
Dogbane
Sweet Pepperbush
Black-eyed Susan
New Jersey Tea
Mountain Mints
Blueberry
Smooth Sumac
Asters
Dandelion
Goldenrod

NATURALIZED, NON-NATIVE WILDFLOWERS
Yarrow
Knapweeds
Thistles
Mints
Queen Anne’s Lace
Oxeye Daisy
Clovers

GARDEN FLOWERS: ANNUALS
Cosmos
Lantana
Nasturtium
Mexican Sunflower (Tithonia)
Zinnia
Verbena Bonariensis

GARDEN FLOWERS: PERENNIALS
Coreopsis
Coneflowers
Phlox (many varieties)
Bee Balm
Sedums
Liatris
Butterfly Weed
Yarrow

GARDEN SHRUBS
Beauty Bush
Butterfly Bush
Privet
Lilac

Be aware of bloom time for shrubs and perennials. It is especially good to have early blooming and late blooming flowers.

EXAMPLES OF LARVAL FOOD PLANTS (HOST PLANTS)
Birch    Mourning Cloak, Tiger Swallowtail
Elm     Comma, Mourning Cloak
Poplar, Aspen, Cottonwood Mourning Cloak, Viceroy, Red-spotted Purple, Tiger Swallowtail
Black Locust, Ground Nut Silver-spotted Skipper
Spicebush, Sassafras Spicebush Swallowtail
Blueberry Spring Azure
Grasses, Sedges Common Wood Nymph, European Skipper, Little Wood Satyr
Common Burdock Painted Lady
Parsley, Dill, Carrots, Queen Anne’s Lace: Black Swallowtail
Violets Great-spangled Fritillary
Milkweeds Monarch
Thistle Painted Lady
Everlastings, Pussytoes American Lady
Here are some plants that I have in my yard, which are planted or allowed to stay to encourage butterfly populations:

**Phlox** – for nectar, good to have an early variety

**Queen Anne’s Lace** – for nectar and host plant for Black Swallowtail

**Bronze Fennel** – very popular host plant for Black Swallowtail

**Clovers** – for nectar

**Joe-pye Weed** – for nectar, late blooming

**Black-eyed Susan** – for nectar

**Cinquefoil** – for nectar

**Hawkweed** – for nectar

**Common Valerian** – for nectar, early blooming

**Daisy Fleabane** – for nectar

**Beauty Bush** – for nectar, early blooming

**Violet** – host plant for Great-spangled Fritillary

**Daisy** – for nectar

**Everlasting, Pussytoes** – host plant for American Lady

**Chives** – for nectar, early

**Blueberry bushes** – for nectar (early), host plant for Azure

**Lantana** – attractive nectar plant

**Milkweeds (Common Milkweed, Swamp Milkweed, Butterfly Weed)** – for nectar, host plant for Monarch

**Thistle** – for nectar, host plant for Painted Lady

**Nettles** – host plant for Red Admiral

**Sorrel, Curly Dock** – host plant for American Copper

**Dandelion** – for nectar (I deadhead after bloom)

**Ground Nut** – host plant for Silver-spotted Skipper

**Purple Coneflower** – for nectar

**Butterfly Bush** – for nectar, and extremely popular flower, late blooming

**Liatris** – for nectar

**Grasses and sedges** – I let them grow in clumps, host plant for variety of skippers

**Verbena Bonariensis** – tall, spindly plant, extremely popular nectar flower, late blooming

If you want to encourage Monarch butterflies, you might consider an out-of-the-way spot to put in a patch of Common Milkweed. Collect seeds from pods in the fall, keep outside in a dry place over the winter. Start seeds in flats in the spring, put in the ground when established. The first year the plants will be small, but after it gets established, don’t be surprised if you find Monarch eggs or caterpillars on the plants!

You can also plant Swamp Milkweed (which doesn’t need to be in a swampy area), or Butterfly Weed, which don’t spread by root runners like the Common Milkweed.

[www.massbutterflies.org](http://www.massbutterflies.org) – Website for The Massachusetts Butterfly Club. Visit it for Mass. butterfly information, free field trip schedule, etc.
BUTTERFLY GARDENING TIPS

There are lots of butterfly gardening books for reference. Sometimes the books are quite overwhelming, with detailed plans that may go beyond budget and manpower. A garden doesn’t have to be big or even well planned to attract butterflies – the right kinds of flowers (not all flowers are nectar sources), some larval host plants, and some attention to the following points should bring success.

A BUTTERFLY GARDEN SHOULD:

be sunny,
be open with sheltered edges,
have puddling areas,
have basking areas (flat rocks),
have nectar flowers.

NECTAR SOURCE CONSIDERATIONS:

composite flowers,
clusters of small flowers,
fragnant, (day and night!)
native,
wildflowers (weeds!).

CHECK BOOKS AND LISTS (be careful of area).

KINDS OF THINGS TO PLANT:

trees,
shrubs,
annuals,
perennials,
vines,
LARVAL HOST PLANTS (specific plants that caterpillars eat)

NICE TO HAVE A BIG FLAT ROCK TO PROVIDE A BASKING AREA FOR BUTTERFLIES ON THE COOLER DAYS

PLANTING CONSIDERATIONS:

amount of sunlight,
soil conditions,
drainage,
plant height,
bloom time,
colors,
MAINTENANCE.
mulching.

Plant in large bunches if you can.

WILDFLOWER MEADOWS

DEADHEADING THE FLOWERS:

annuals (encourage longer bloom time),
perennials (stop from spreading).

OTHER ATTRACTIONS:

butterfly feeder (freshen frequently but not necessary if you have flowers),
rotting fruit (be careful of other insects),
hibernation box (don’t bother - better for wasp nests than butterflies!).

BE AWARE OF:

birds (not really a problem),
caterpillars (you may want to encourage!),
TREATED PLANTS and PESTICIDES (a big no-no),
butterfly flying times and life cycles

BY PLANTING WISELY AND RESPONSIBLY, YOUR GARDEN WILL BE A BENEFICIAL CONTRIBUTION TO THE WELFARE OF BUTTERFLIES, BEES, OTHER INSECTS, AND BIRDS