

Butterfly Gardening by Chriss Daubner

Your garden can make a difference!

Some Native Nectar Plants for Butterflies (***Bold*** plants are in the Butterfly Garden at The Garden Door)

<i>Botanical Name</i>	<i>Common Name</i>	<i>Bloom Tiime</i>	<i>Comments/Notes</i>
Agastache species	Hyssops	July-Sept.	
Allium species	Onions	July-August	Reseeds prolifically
Amorpha species	Leadplant, et al.	June-July	Shrub
Aquilegia canadensis	Columbine	May-June	
Asclepias species	Milkweeds	June-August	Monarch host plant
Aster species	Asters	August-Sept./Oct.	
Campanula americana	Tall Bellflower	July-Sept.	
Cassia hepecarpa (Senna)	Wild Senna	July-August	
Ceanothus americanus	New Jersey Tea	July-August	Shrub
Coreopsis species	Coreopsis	June-July/August	
Delphinium species	Larkspurs	July-August	
Echinacea species	Coneflowers	June-July/Sept.	
Eryngium yuccifolium	Rattlesnake Master	June-August	
Eupatorium species	Joe Pye Weed, Boneset, Mistflower	Aug-Sept. July-October	
Filipendula rubra	Queen of the Prairie	June-July	Not a WI native
Helenium autumnale	Sneezeweed	August-Sept.	
Helianthus/Heliopsis species	Sunflowers	Summer-Fall	Perennial sunflowers
Hibiscus palustris	Rose Mallow	July-Sept.	Not a WI native
Liatis species	Blazing Stars	Summer-Fall	
Lobelia cardinalis, L. siphilitica	Cardinal Flower, Blue Lobelia	July-Sept.	
Lupinus perennis	Lupine	May-June	
Monarda species	Bergamot , Bee Balms	July-Sept.	
Penstemon species	Beardtongue, Penstemon	May-July	
Petalostemum (Dalea) species	Prairie Clovers	July-August	
Phlox species	Phlox	May-July	
Physostegia virginiana	Obedient Plant	August-Sept.	
Pycnanthemum species	Mints	June/July-Sept.	
Ratibida species	Coneflowers	July-Sept.	
Rudbeckia species	Black-eyed Susans	June-October	
Ruella humilis	Wild Petunia	June-August	
Silphium species	Compass plant, Rosinweed, Cup Plant, Prairie Dock	July-Sept.	
Solidago species	Goldenrods	July/Aug.-Sept./Oct.	
Tradescantia species	Spiderworts	June-July	
Verbena species	Vervains	July-Sept.	
Vernonia species	Ironweeds	July-Sept.	
Viola species	Violets	May-August	
Zizia species	Golden Alexanders	May-July	

Note: Many of these forbs are native to the southern half or south-western corner of Wisconsin, where there are natural prairies. Though Door County does count some of them as natives, we are a woodland area. They will however grow here and provide food and host plants for butterflies. Also different species of these plants grow in different areas so some species of the same genus may be native to Wisconsin and others may not.

More Native and Non-native Nectar Plants for Butterflies

* *Plant is also a host plant*

Top Nectar Plant

Achillea (Yarrow)*

Ageratum (Floss Flower)

Alcea (Hollyhock)

Anaphalis margaritacea (Pearly Everlasting)*

Antirrhinum (Snapdragon)

Arabis (Rock Cress)

Asclepias (milkweeds)*

curassavica-Mexican milkweed

incarnata-swamp milkweed

syriaca-common milkweed

tuberosa-butterfly weed #

Asters (especially native asters) #*

Baptisia (False Indigo)

Buddleia (Butterfly Bush) #

Chrysanthemum (Daisy)

Cirsium (Thistle) *Use native thistles!**

Coreopsis (Tickseed) #

Cosmos

Dianthus

Echinacea (Coneflower) #

Eupatorium (Boneset, Joe-Pye Weed) #

Helenium (Sneezeweed)

Helianthus (Sunflower) #

Heliotrope

Hemerocallis (Daylily)

Impatiens

Lantana

Lavender *

Liatris (Blazingstar) #

(especially *Liatris ligulistylis* for Monarch)

Lobelia

Lobularia (Sweet Alyssum)

Lupinus (Lupine) *

Marigold *

Mentha (Mint)

Monarda (Bergamot, Bee Balm)

Nasturtium *

Pentas

Phlox *

Physotegia (Obedient Plant)

Rudbeckia (Black-eyed Susan) #

(especially *Rudbeckia hirta*)

Sage

Salvia

Solidago (Goldenrod)

Tithonia (Mexican sunflower) #

Verbena

Vernonia (Ironweed)

Viola (Violet, Pansy) *

Zinnia

Common Butterflies, their habitats, host plants and adult foods

Butterfly	Habitat	Larval Food	Adult Food
Monarch	Open fields, roadsides	Milkweeds	Nectar
Swallowtail, Black	Open areas	Fennel, parsley, dill, Queen Anne lace	Nectar-tall flowers, puddling
Swallowtail, Tiger	Moist wooded areas	Aspen, Black cherry	Nectar-tall flowers, puddling
Red Admiral	Moist woods edges	False nettle, nettles	Nectar, sap, fruit, dung
Painted Lady	All open areas	Thistle	Nectar
American Painted Lady	Moist open areas	Everlasting, pussytoes	Nectar, puddling
Fritillary-Meadow & Variegated	Open, moist areas	Violets	Nectar, dung
Fritillary-Great-spangled	Open areas	Violets	Nectar
Milbert's Tortoiseshell	Open areas near streams	Nettles	Nectar, some sap and fruit
Mourning Cloak	Open areas	Aspen, birch, elm, hackberry, willow	Sap, fruit, puddling
Comma	Forested Areas	Hops, nettles, elms	Sap, carrion, fruit, dung
Question Mark	Open areas near forests	Elms, hackberry, hops, nettles	Sap, carrion, fruit, dung, puddling
Spring Azure	Fields, forests	Dog wood, wild cherry, meadowsweet	Nectar, puddling
Pearl Crescent	Open areas	Asters	Nectar, puddling
Northern Crescent	Open areas	Asters	Nectar
White Admiral	Birch, aspen forests	Birches, aspens	Nectar, carrion, fruit, dung, sap
Red-Spotted Purple	Moist forests, willows	Aspen, wild cherry, poplars	Nectar, carrion, fruit sap, dung
Viceroy	Moist shrubby areas	Willow, aspens	Nectar, sap, dung, puddling
Common Wood nymph	Open grassy areas, woods edges	Grasses	Plant juices, some nectar
Little Wood satyr	Grassy woodlands	grasses	Sap, rarely nectar

Chart information mainly from: Stokes Butterfly Book by Donald & Lillian Stokes & Ernest Williams <http://www.StokesBooks.com>

Resources for Butterfly Gardening

Books

Attracting Butterflies to Your Garden by editors of Rodale Gardening Books; Rodale Press, Inc.

Bringing Nature Home by Douglas W. Tallamy; Timber Press

Butterfly Book by Donald & Lillian Stokes & Ernest Williams; Little, Brown and Company

Butterfly Gardening by Thomas C. Emmel, Ph. D.; Friedman/Fairfax Publishers

Butterfly Gardens by Alcinda Lewis and Steve Buchanan; Brooklyn Botanic Garden Inc.

Creating a Butterfly Garden by Marcus Schneck; Simon& Schuster Inc.

Familiar Butterflies of North America National Audubon Society Pocket Guide; Alfred A. Knopf

How to Raise a Monarch Butterfly by Mary L. Thorne; Caterpillar Publishing

Invasive Plants of the Upper Midwest by Elizabeth J. Czarapata; University of Wisconsin Press

Landscaping with Native Plants of Wisconsin by Lynn M. Steiner; Voyageur Press

Natural Gardening A Nature Company Guide published by Time-Life Books

North America's Favorite Butterflies by Patti and Milt Putnam; Willow Creek Press

Secret Lives of Backyard Bugs by Judy Burris and Wayne Richards: Storey Publishing

The Butterfly Garden by Mathew Tekulsky; The Harvard Common Press

The Family Butterfly Book by Rick Mikula; Storey Publishing

The Life Cycles of Butterflies by Judy Burris & Wayne Richards; Storey Publishing

The Wildflower Book East of the Rockies by Donald and Lillian Stokes; Little, Brown and Company

100 Easy-to-Grow Native Plants by Lorraine Johnson; Firefly Books

Websites

Southern Wisconsin Butterfly Association (NABA) www.naba.org/chapters/nabawba

The Xerces Society www.xerces.org

The Monarch Watch www.MonarchWatch.org

Wisconsin Butterflies www.wisconsinbutterflies.org

Butterflies and Moths of North America www.butterfliesandmoths.org

“Nature—wild nature—dwells in gardens just as she dwells in the tangled woods, in the deeps of the sea, and on the heights of the mountains; and the wilder the garden, the more you will see of her there.”

*Adventures in Green Places,
Herbert Ravenel Sass (1884-1958), American nature writer*