






Gray Barn Green Thumb Guide

Butterfly Plants

Butterflies are fascinating garden creatures with many unique characteristics. Butterflies:

-  Live on average 20-40 days.
-  Eat with a long, flexible, tube like tongue through which they sip nectar and water.
-  Are found worldwide except for Antarctica.
-  Can taste with their feet! When they land on a flower, they know what it will taste like before the feed on it.
-  Tend to like flowers that are made up of small flowers, so they have a 'landing pad'.

To entice butterflies to your garden, you will want to provide them with host plants and nectar plants.

Host Plants

Host plants are where caterpillars feed before transforming into butterflies.

Aster	Aster
Butterfly Weed.....	Asclepias
Dill.....	Anethum
Dogwood.....	Cornus
Fennel	Foeniculum
Hollyhock	Alcea
Hops	Hummulus
Mallow	Malva
Parsley	Petroselinum
Passionflower.....	Passiflora
Snapdragons.....	Antirrhinum
Sunflower.....	Helianthus

Nectar Plants

Butterflies feed on the nectar of certain plants. Because they can taste through their feet, they like to land on flowers. Be sure to plant large flowers with flat heads for them to land on and taste.

Bee Balm.....	Monarda
Butterfly Bush	Buddleia
Coneflower	Echinacea
Cinquefoil	Potentilla
Garden Phlox.....	Phlox
Globe Onion	Allium
Glossy Abelia.....	Abelia
Helen's Flower.....	Helenium
Hyssop	Agastache
Lilac.....	Syringa
Mallow	Malva
Mountain Laurel	Kalmia
Pincushion Flower	Scabiosa
Shasta Daisy.....	Leucanthemum
Spiraea.....	Spiraea
Sunflower	Helianthus
Tickseed.....	Coreopsis
Vaccinium.....	Vaccinium
Yarrow	Achillea

Adding plants for butterflies is an easy way to diversify your yard and make it more entertaining. And watching butterflies bounce around your yard can be very relaxing!