

Trish Murphy  
Beaux Arbres Native Plants  
**Gardening for Butterflies**

Plants pictured, in order of appearance

**Monarchs** — food for caterpillars

- Common Milkweed *Asclepias syriaca*
- Swamp Milkweed *Asclepias incarnata*
- Butterfly Milkweed *Asclepias tuberosa*
- Whorled Milkweed *Asclepias verticillata*

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**Many large butterflies** — nectar for adults

- Spike Blazing Star *Liatris spicata*
- Prairie Blazing Star *Liatris pycnostachya*
- Swamp Thistle *Cirsium muticum*
- Pasture Thistle *Cirsium discolor*
- Ironweed *Vernonia sp.*
- Ohio Goldenrod *Solidago ohioensis*
- Tall Sunflower *Helianthus giganteus*
- Purple-stemmed Aster *Symphotrichum puniceum*

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**Baltimore Checkerspot** — food for caterpillars

- White Turtlehead *Chelone glabra*
- Pink Turtlehead *Chelone lyonii*
- Hairy Beardtongue *Penstemon hirsutus*

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**American Lady** — food for caterpillars

- Plantain-leaved Pussytoes *Antennaria plantaginifolia*
- Field Pussytoes *Antennaria neglecta*
- Pearly Everlasting *Anaphalis margaritacea*
- Sweet Everlasting *Pseudognaphalium obtusifolium*

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**Fritillaries** — food for caterpillars

- Hooked-spur Violet *Viola adunca*
- Bird's Foot Violet *Viola pedata*
- Arrow-leaved Violet *Viola lanceolata*
- Dog Violet *Viola conspersa*
- Common Violet *Viola cucullata*
- Downy Yellow Violet *Viola pubescens*

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**Black Swallowtail** — food for caterpillars

- Golden Alexanders *Zizia aurea*

**Giant Swallowtails** - food for caterpillars

- Hop-tree *Ptelea trifoliata*

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**Common Sulphur, Silvery Blue & Eastern Tailed Blue** — food for caterpillars

- Showy Tick-trefoil *Desmodium canadense*
- Canada Milk-vetch *Astragalus canadensis*
- Wild Senna *Senna* (or *Cassia*) *hebecarpa*
- Wild Lupin *Lupinus perennis*
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### **Mottled Duskywing**

- New Jersey Tea *Ceanothus americanus*

### **Viceroy et alia** — food for caterpillars

- Pussy Willow *Salix discolor*

### **Wood Nymphs and many Skippers** — food for caterpillars

- Little Bluestem Grass *Schizachyrium scoparium*
- Switch Grass *Panicum virgatum*
- Broad-leaved Sedge *Carex platyphylla*
- Richardson's Sedge *Carex richardsonii*
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### **Hummingbird Clearwing Moths** — food for caterpillars:

Glaucous Honeysuckle *Lonicera dioica*

American Fly Honeysuckle *Lonicera canadensis*

Eastern Snowberry *Symphoricarpos albus*

### **Hummingbird Clearwing adults** — preferred nectar plants

Moss Phlox *Phlox subulata*

Garden Phlox *Phlox paniculata*

Common Lilac

Wild Bergamot *Monarda fistulosa*

## **Books & Publications**

Rick Cavasin, 2013 ***A Pocket Guide to Butterflies of Southern & Eastern Ontario (and Southwestern Quebec)*** [www.ontariobutterflies.ca](http://www.ontariobutterflies.ca)

David L. Wagner, 2005. ***Caterpillars of Eastern North America***. Princeton University Press.

Amy Bartlett Wright, 1993 ***Peterson First Guides: Caterpillars***. Houghton Mifflin Co, Boston & NY

Douglas W. Tallamy, 2009 ***Bringing Nature Home: How You Can Sustain Wildlife with Native Plants***. Timber Press.

\_\_\_\_\_ 2020. ***Nature's Best Hope: A New Approach to Conservation that Starts in Your Yard***. Timber Press.

## **On-line Resources**

The Xerces Society for Invertebrate Conservation: [www.xerces.org](http://www.xerces.org)

Canadian Wildlife Federation : [www.cwf-fcf.org/en/](http://www.cwf-fcf.org/en/)

Beaux Arbres Native Plants: [www.beauxarbres.ca](http://www.beauxarbres.ca)