



Host Plants that Provide Food

Botanical Name	Common Name	Type of Plant
<i>Actaea racemosa</i>	Black Cohosh	Perennial (N)
<i>Alcea rosea</i>	Hollyhock	Biennial
<i>Amaranthus</i>	Amaranth	Annual
<i>Amelanchier</i>	Serviceberry	Tree
<i>Amorpha canescens</i>	Lead Plant	Perennial (N)
<i>Anethum graveolens</i>	Dill	Annual Herb
<i>Antirrhinum</i>	Snapdragon	Annual Herb
<i>Aruncus dioicus</i>	Goat's Beard	Perennial (N)
<i>Asclepias curassavica</i>	Tropical Milkweed	Annual
<i>Asclepias</i> spp.	Milkweed	Perennial (N)
<i>Asimina triloba</i>	Pawpaw	Tree (N)
<i>Baptisia australis</i>	False Indigo	Perennial (N)
<i>Betula</i> spp.	Birch	Tree
<i>Brassica</i> spp.	Cole Crops	Vegetable
<i>Ceanothus americanus</i>	New Jersey Tea	Shrub (N)
<i>Celosia</i>	Cockscomb	Annual
<i>Cephalanthus occidentalis</i>	Buttonbush	Shrub (N)
<i>Cercis</i> spp.	Redbud	Tree (N)
<i>Chelone glabra</i>	Turtlehead	Perennial (N)
Citrus	Citrus Trees	Tropical
<i>Cleome</i> spp.	Spider Flower	Annual
<i>Cornus florida</i>	Dogwood	Tree
<i>Daucus carota</i>	Queen Anne's Lace	Wild/Weed
<i>Fagus</i>	Beech	Tree
<i>Foeniculum vulgare</i>	Fennel	Perennial Herb
<i>Hammamelis</i>	Witch Hazel	Shrub (N)
<i>Helianthus annuus</i>	Common Sunflower	Annual
Botanical Name	Common Name	Type of Plant
<i>Hibiscus moscheutos</i>	Hibiscus	Shrub (N)
<i>Humulus lupulus</i>	Hops	Vine
<i>Leucanthemum</i> spp.	Shasta Daisy	Perennial
<i>Linaria</i>	Toadflax	Annual
<i>Lindera bensoin</i>	Spice Bush	Shrub (N)

Magnolia virginiana	Sweet Bay Magnolia	Tree (N)
Malva	Mallow	Perennial
Panicum spp.	Switchgrass	Grass (N)
Parthenocissus quinquefolia	Virginia Creeper	Vine (N)
Passiflora spp.	Purple Passion Flower	Vine (N)
Penstemon digitalis	Penstemon	Perennial (N)
Petroselinum crispum	Parsley	Herb
Phaseolus	Beans	Vegetable
Pisum and Lathyrus	Pea, Sweetpea	Vegetable
Plantago major	Plantain	Wild/Weed
Populus spp.	Poplar	Tree
Quercus	Oak	Tree
Ribes spp.	Gooseberry	Shrub
Rhododendron spp.	Azalea/Rhododendron	Shrub
Rudbeckia spp.	Black-eyed Susan	Perennial (N)
Ruellia	Wild Petunia	Perennial (N)
Rumex spp.	Native Docks	Wild/Weed
Ruta graveolens	Rue	Herb
Salix	Willow	Tree/Shrub
Schizachyrium scoparium	Little Bluestem	Perennial Grass
Sedum ternatum	Woodland Stonecrop	Perennial (N)
Senecio	Dusty Miller	Annual
Symphoricarpos	Snowberry	Shrub
Symphotrichum spp.	Aster	Perennial (N)
Trifolium repens	White Clover	Wild/Weed
Tropaoleum spp.	Nasturtium	Annual
Ulmus spp.	Elm	Tree
Verbena spp.	Verbena/Vervain	Annual
Vernonia spp.	Ironweed	Perennial (N)
Viburnum spp.	Viburnum	Shrub (N)
Viola spp.	Violet, Pansy	Wild/Weed
Vitis	Grape	Vine

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Nectar Plants for Butterflies

Botanical Name	Common Name	Type of Plant
Abelia grandiflora	Glossy Abelia	Shrub

<i>Achillea</i> spp.	Yarrow	Perennial
<i>Agastache foeniculum</i>	Fragrant Hyssop	Perennial
<i>Allium schoenoprasum</i>	Chives	Herb
<i>Amelanchier stolonifera</i>	Serviceberry	Shrub (N)
<i>Asclepias</i> spp.	Butterfly Weed; Common, Green, Swamp and Whorled Milkweed	Perennial (N)
<i>Baptisia australis</i>	Blue False Indigo	Perennial (N)
<i>Buddleja davidii</i>	Butterfly Bush	Perennial
<i>Callicarpa americana</i>	Beautyberry	Shrub (N)
<i>Callirhoe involucrata</i>	Poppy Mallow	Perennial
<i>Ceanothus americanus</i>	New Jersey Tea	Shrub (N)
<i>Cephalanthus occidentalis</i>	Buttonbush	Shrub (N)
<i>Cercis</i> spp.	Redbud	Tree
<i>Coreopsis lanceolata</i>	Lanceleaf Coreopsis	Perennial (N)
<i>Cornus</i> spp.	Dogwood	Shrub
<i>Dalea purpurea</i>	Purple Clover	Weed/Wild
<i>Echinacea</i> spp.	Coneflower	Perennial (N)
Botanical Name	Common Name	Type of Plant
<i>Eupatorium</i> spp.	Joe-Pye-Weed, Boneset, Mistflower	Perennial (N)
<i>Geranium maculatum</i>	Wild Geranium	Perennial (N)
<i>Helianthus</i> spp.	Sunflower	Perennial
<i>Hibiscus moscheutos</i>	Swamp Rose Mallow	Perennial (N)
<i>Iris fulva</i>	Copper Iris	Perennial (N)
<i>Lavandula</i> spp.	Lavender	Herb
<i>Leucanthemum</i> spp.	Shasta Daisy	Perennial
<i>Liatris</i> spp.	Blazingstar	Perennial (N)
<i>Lobelia cardinalis</i>	Cardinal Flower	Perennial (N)
<i>Lobelia syphiliticus</i>	Great Blue Lobelia	Perennial (N)
<i>Oenothera</i> spp.	Missouri Primrose	Perennial (N)
<i>Passiflora</i> spp.	Passion Flower	Vine (NO
<i>Philadelphus coronarius</i>	Mock Orange	Shrub
<i>Phlox paniculata</i>	Garden Phlox	Perennial
<i>Pycnanthemum</i>	Mountain Mint	Perennial (N)

Rhododendron spp.	Azalea/Rhododendron	Shrub
Rubus	Blackberry	Shrub
Rudbeckia spp.	Black-eyed Susan	Perennial (N)
Salvia spp.	Garden Sage	Perennial
Sedum ternatum	Woodland Stonecrop	Perennial
Solidago spp.	Goldenrod	Perennial (N)
Symphoricarpos	Snowberry	Shrub
Symphotrichum spp.	Aster	Perennial (N)
Syringa spp.	Lilac	Shrub
Trifolium repens	White and Red Clover	Perennial Wild/Weed
Vaccinium	Blueberry	Shrub
Verbena canadensis	Rose Verbena	Perennial (N)
Vernonia spp.	Ironweed	Perennial (N)

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Nectar Plant

Botanical	Common	Type of Plant
Antirrhinum	Snapdragon	Annual
Asclepias curassavica	Bloodflower	Annual
Catharanthus roseus	Annual Vinca	Annual
Cosmos spp.	Cosmos	Annual
Daucus carota	Queen Anne's Lace	Wild/Weed
Gaillardia pulchella	Indian Blanket	Annual
Gomphrena globosa	Globe Amaranth	Annual
Iberis spp.	Candytuft	Annual

Impatiens	Impatiens	Annual
Lantana camara	Lantana	Annual
Pelargonium spp.	Geranium	Annual
Pentas lanceolata	Pentas	Annual
Petunia	Petunia	Annual
Phlox	Phlox	Annual
Salvia coccinea	Scarlet Sage	Annual
Botanical	Common	Type of Plant
Tagetes spp.	Marigold	Annual
Taraxacum officinale	Dandelion	Wild/Weed
Verbena spp.	Vervain, Tall Verbena, Swamp Verbena	Annual
Zinnia elegans	Zinnia	Annual

Notes on the Preceding Lists:

All of these lists have been edited to reflect plants currently available at Bowood Farm. These lists represent species generally found in Missouri. They are listed by common name in their family for use in horticulture, so any corrections from lepidopterists is greatly appreciated!

If you want to know more...

Information for these tipsheets was collected from a variety of sources, including: Missouri Department of Conservation and Bring Back the Monarchs programs; the North American Butterfly Association (BAMONA); Dallas County Lepidopterist Society; Shady Oak Butterfly Farm, FL; and the University of Florida. These sites are tricky to navigate, so here are my favorite gateways:

<http://www.dallasbutterflies.com/Butterfly%20List>

A list of butterflies grouped by their families and their larval host plants

<http://www.monarchwatch.org/garden/plant.html>

Larval host plants are listed either by butterfly species or by family

<http://www.butterfliesetc.com/caterpillar-food>

Good photos of selected butterflies at each stage of their life cycle

	http://www.gardenswithwings.com/identify-bu
	My favorite! Great indentification tools with hq
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Food for Larva (Caterpillars) of Butterflies and Moths

Larval Host for these Butterflies and Moths:

Appalachian Azure

Painted Lady; Gray Hairstreak; Common Checkered-Skipper

Common Sootywing

Red-spotted Purple

Gray Hairstreak

Black Swallowtail

Common Buckeye

Dusky Azure

Monarch

Monarch

Zebra Swallowtail; Pawpaw Sphinx

Eastern Tailed-Blue; Hoary Edge, Silver-spotted Skipper, Wild Indigo Duskywing; Clouded Sulphur, Orange Sulphur

Mourning Cloak, Red-spotted Purple

Cabbage White, Checkered White

Spring Azure, Summer Azure

Common Sootywing

Hydrangea Sphinx; Titan Sphinx

Henry's Elfin; Silver-spotted Skipper

Baltimore Checkerspot

Giant Swallowtail

Cabbage White, Checkered White

Spring Azure, Summer Azure

Black Swallowtail

Harvester (aphids, scale, leafhoppers found on tree) adults: aphid honeydew

Black Swallowtail

Harvester (aphids, scale, leafhoppers found on shrub) adults: aphid honeydew

American Lady, Gorgone Checkerspot, Painted Lady, Silvery Checkerspot

Larval Host for these Butterflies and Moths:

Gray Hairstreak

Eastern Comma, Question Mark, Red Admiral

Painted Lady

Common Buckeye

Spicebush Swallowtail

Eastern Tiger Swallowtail
American Lady, Painted Lady; Gray Hairstreak; Common Checkered-Skipper
Delaware Skipper, Least Skipper, Northern Broken Dash, Tawny-edge Skipper
Pandorus Sphinx, Virginia Creeper Sphinx
Gulf Fritillary, Variegated Fritillary; Gray Hairstreak; Checkered White
Baltimore Checkerspot
Black Swallowtail
Painted Lady; Grey Hairstreak
Eastern Tailed-Blue, Gray Hairstreak, Silvery Blue; Hoary Edge; Clouded Sulphur, Orange Sulphur
Baltimore Checkerspot, Common Buckeye
Mourning Cloak, Red-spotted Purple, Viceroy
Red-spotted Purple; Banded Hairstreak, Red-banded Hairstreak; Horace's Duskywing
Gray Comma
Gray Comma
Silvery Checkerspot
Common Buckeye
Bronze Copper, other Coppers
Black Swallowtail, Giant Swallowtail
Mourning Cloak, Red-spotted Purple, Viceroy; Eastern Tiger Swallowtail
Crossline Skipper, Delaware Skipper
Variegated Fritillary
American Lady
Snowberry Clearwing
Eastern Crescent, Painted Crescent, Pearl Crescent, Silvery Checkerspot; Eastern Tailed-Blue
Eastern Tailed-Blue, Gray Hairstreak; Clouded Sulphur, Orange Sulphur
Cabbage White
Eastern Comma, Gray Comma, Hackberry Emperor, Mourning Cloak, Question Mark, Tawny Emperor
Common Buckeye
American Lady
Baltimore Checkerspot; Virginia Creeper Sphinx
Diana Fritillary, Great-Spangled Fritillary, Meadow Fritillary, Silver-bordered Fritillary, Variegated Fritillary
Pandorus Sphinx, Virginia Creeper Sphinx
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erflies and Moths - Perennials, Shrubs and Trees

Provides Nectar for these Butterflies and Moths:

Swallowtails

American Copper, Banded Hairstreak, Red-banded Hairstreak
Various
Various
Various
American Lady, Baltimore Checkerspot, Common Buckeye, Great Spangled Fritillary, Monarch, Mourning Cloak, Painted Lady, Pearl Crescent, Question Mark, Red Admiral, Red-spotted Purple, Regal Fritillary, Silvery Checkerspot, Variegated Fritillary, Viceroy; American Copper, Banded Hairstreak, Eastern Tailed-Blue, Gray Hairstreak, Red-banded Hairstreak, Spring Azure, Summer Azure; Delaware Skipper, Fiery Skipper, Hoary Edge, Little Glassywing, Peck's Skipper, Sachem, Silver Spotted Skipper, Southern Cloudywing, Zabulon Skipper
Various
Eastern Comma, Gulf Fritillary, Monarch, Mourning Cloak, Painted Lady, Red Admiral, Red-spotted Purple, Question Mark, Variegated Fritillary, Viceroy
Various
Various
Spring Azure, Summer Azure; Hoary Edge, Horace's Duskywing, Northern Broken Dash, Peck's Skipper
Painted Lady; Clouded Skipper, Delaware Skipper, Hoary Edge, Horace's Duskywing, Silver-spotted Skipper, Zabulon Skipper
Zebra Swallowtail
Common Buckeye; Eastern Tailed-Blue
American Snout; Banded Hairstreak
Regal Fritillary, other Fritillary
Various
Provides Nectar for these Butterflies and Moths:
American Lady; Bronze Copper; Horace's Duskywing, Little Glassywing, Zabulon Skipper
Dusky Azure
Sachem, Wild Indigo Duskywing
Gulf Fritillary
Various
Horace's Duskywing
Red Admiral
Gulf Fritillary, Monararch, Painted Lady; Silver-spotted Skipper
Various
Various
Various
Great Spangled Fritillary
Various
Various
Regal Fritillary

Various
Summer Azure; Zebra Swallowtail
American Snout, Great Spangled Fritillary, Pearl Crescent
Gulf Fritillary, Monarch
Fiery Skipper
American Lady, American Snout; Gray Hairstreak; Horace's Duskywing
Snowberry Clearwing
American Lady, American Snout, Common Buckeye, Painted Lady, Pearl Crescent, Question Mark, Red Admiral, Viceroy; Eastern Tailed-Blue; Common Checkered-Skipper, Common Sootywing, Fiery Skipper, Sachem
Zebra Swallowtail; Snowberry Clearwing
Summer Azure; Common Checkered-Skipper, Common Sootywing, Least Skipper, Northern Broken Dash, Tawny-edge Skipper, Wild Indigo Duskywing
Zebra Swallowtail
Ozark Swallowtail
Crossline Skipper, Fiery Skipper, Sachem

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s for Butterflies and Moths - Annuals

Provides Nectar for these Butterflies and Moths:

Common Buckeye
Great Spangled Fritillary, Regal Fritillary, Monarch; Gray Hairstreak
Various
Painted Lady, Monarch, Silvery Checkerspot; Sachem; Spicebush Swallowtail; Orange Sulphur, Sleepy Orange
Gray Hairstreak
Various
American Lady, Common Buckeye, Monarch, Pearl Crescent, Variegated Fritillary; Gray Hairstreak, Red-banded Hairstreak; Clouded Skipper, Common Checkered Skipper, Common Sootywing, Fiery Skipper, Hayhurst's Scallopwing, Horace's Duskywing, Least Skipper, Ocola Skipper, Peck's Skipper, Sachem, Silver-spotted Skipper, Tawny-edged Skipper, Wild Indigo Duskywing; Eastern Tiger Swallowtail; Cabbage White, Clouded Sulphur, Orange Sulphur
Zabulon Skipper

Gulf Fritillary; Cabbage White
Gulf Fritillary, Monarch, Red Admiral, Red-spotted Purple; Gray Hairstreak; Clouded Skipper, Fiery Skipper, Hayhurst's Scallopwing, Little Glassywing, Sachem, Silver-spotted Skipper, Wild Indigo Duskywing; Eastern Tiger Swallowtail, Spicebush Swallowtail; Cabbage White; Hydrangea Sphinx; Snowberry Clearwing
Two-tailed Swallowtail
Gulf Fritillary; Sachem
Eastern Tiger Swallowtail, Pipevine Swallowtail
Sachem, Silver-spotted Skipper, Zabulon Skipper; Black Swallowtail, Eastern Tiger Swallowtail, Spicebush Swallowtail; Clouded Sulphur; Hydrangea Sphinx
Cloudless Sulphur
Provides Nectar for these Butterflies and Moths:
American Lady, Great Spangled Fritillary, Monarch, Painted Lady, Pearl Crescent, Red Admiral, Variegated Fritillary; Fiery Skipper, Hayhurst's Scallopwing, Horace's Duskywing, Peck's Skipper, Sachem, Silver-spotted Skipper, Wild Indigo Duskywing, Zabulon Skipper; Cabbage White, Clouded Sulphur, Orange Sulphur, Sleepy Orange
Pearl Crescent; Cabbage White, Clouded Sulphur, Orange Sulphur
American Lady, Common Buckeye, Great Spangled Fritillary, Painted Lady, Pearl Crescent, Red-spotted Admiral, Silvery Checkerspot, Variegated Fritillary; Gray Hairstreak; Clouded Skipper, Common Checkered Skipper, Dun Skipper, Hayhurst's Scallopwing, Horace's Duskywing, Least Skipper, Peck's Skipper, Sachem, Silver-spotted Skipper, Wild Indigo Duskywing, Zabulon Skipper; Clouded Sulphur, Orange Sulphur
Gulf Fritillary, Monarch, Mourning Cloak, Painted Lady, Pearl Crescent, Variegated Fritillary; American Copper, Eastern Tailed-Blue; Ocola Skipper, Silver-spotted Skipper; Cabbage White, Orange Sulphur, Sleepy Orange
ms, with a few common wild/weed plants included. Many sources were referenced and then edited for butterfly and moth groups rather than alphabetically, as this is the way most lists are presented. This list is necessarily from the point of view of
Missouri Botanical Garden; Easyliving Wildflowers, Willow Springs, MO; Monarch Watch, the home of the Monarch Waystations (NABA) which collects data from observations all over the United States; Butterflies and Moths of North America Rose Franklin's Perennials, Spring Mills, PA; thebutterflysite.com; gardenswithwings.com and welcomewildlife.com. Some of
Gardening/Host%20Plants%20by%20Butterfly%20Species.htm
d subfamilies with great photos and a list of host plants that provide larval food.
tm
or by plant as well as a list of good nectar sources.
-plants/find-host-plant-by-searching-the-butterfly
age of life with a list of larval host plants for each one.

[tterflies.html](#)

st and nectar plant lists that can be cross referenced with the butterfly species.

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