



Host Plants that Provide Food for Larva (Caterpillars) of Butterflies and Moths

Botanical Name	Common Name	Type of Plant	Larval Host for these Butterflies and Moths:
<i>Actaea racemosa</i>	Black Cohosh	Perennial (N)	Appalachian Azure
<i>Alcea rosea</i>	Hollyhock	Biennial	Painted Lady; Gray Hairstreak; Common Checkered-Skipper
<i>Amaranthus</i>	Amaranth	Annual	Common Sootywing
<i>Amelanchier</i>	Serviceberry	Tree	Red-spotted Purple
<i>Amorpha canescens</i>	Lead Plant	Perennial (N)	Gray Hairstreak
<i>Anethum graveolens</i>	Dill	Annual Herb	Black Swallowtail
<i>Antirrhinum</i>	Snapdragon	Annual Herb	Common Buckeye
<i>Aruncus dioicus</i>	Goat's Beard	Perennial (N)	Dusky Azure
<i>Asclepias curassavica</i>	Tropical Milkweed	Annual	Monarch
<i>Asclepias</i> spp.	Milkweed	Perennial (N)	Monarch
<i>Asimina triloba</i>	Pawpaw	Tree (N)	Zebra Swallowtail; Pawpaw Sphinx
<i>Baptisia australis</i>	False Indigo	Perennial (N)	Eastern Tailed-Blue; Hoary Edge, Silver-spotted Skipper, Wild Indigo Duskywing; Clouded Sulphur, Orange Sulphur
<i>Betula</i> spp.	Birch	Tree	Mourning Cloak, Red-spotted Purple
<i>Brassica</i> spp.	Cole Crops	Vegetable	Cabbage White, Checkered White
<i>Ceanothus americanus</i>	New Jersey Tea	Shrub (N)	Spring Azure, Summer Azure
<i>Celosia</i>	Cockscomb	Annual	Common Sootywing
<i>Cephalanthus occidentalis</i>	Buttonbush	Shrub (N)	Hydrangea Sphinx; Titan Sphinx
<i>Cercis</i> spp.	Redbud	Tree (N)	Henry's Elfin; Silver-spotted Skipper
<i>Chelone glabra</i>	Turtlehead	Perennial (N)	Baltimore Checkerspot
<i>Citrus</i> spp.	Citrus Trees	Tropical	Giant Swallowtail
<i>Cleome</i> spp.	Spider Flower	Annual	Cabbage White, Checkered White
<i>Cornus florida</i>	Dogwood	Tree	Spring Azure, Summer Azure
<i>Daucus carota</i>	Queen Anne's Lace	Wild/Weed	Black Swallowtail
<i>Fagus</i>	Beech	Tree	Harvester (aphids, scale, leafhoppers found on tree) adults: aphid honeydew
<i>Foeniculum vulgare</i>	Fennel	Perennial Herb	Black Swallowtail
<i>Hammamelis</i>	Witch Hazel	Shrub (N)	Harvester (aphids, scale, leafhoppers found on shrub) adults: aphid honeydew
<i>Helianthus annuus</i>	Common Sunflower	Annual	American Lady, Gorgone Checkerspot, Painted Lady, Silvery Checkerspot
<i>Hibiscus moscheutos</i>	Hibiscus	Shrub (N)	Gray Hairstreak
<i>Humulus lupulus</i>	Hops	Vine	Eastern Comma, Question Mark, Red Admiral

Botanical Name	Common Name	Type of Plant	Larval Host for these Butterflies and Moths:
<i>Leucanthemum</i> spp.	Shasta Daisy	Perennial	Painted Lady
<i>Linaria</i>	Toadflax	Annual	Common Buckeye
<i>Lindera bensoin</i>	Spice Bush	Shrub (N)	Spicebush Swallowtail
<i>Magnolia virginiana</i>	Sweet Bay Magnolia	Tree (N)	Eastern Tiger Swallowtail
<i>Malva</i>	Mallow	Perennial	American Lady, Painted Lady; Gray Hairstreak; Common Checkered-Skipper
<i>Panicum</i> spp.	Switchgrass	Grass (N)	Delaware Skipper, Least Skipper, Northern Broken Dash, Tawny-edge Skipper
<i>Parthenocissus quinquefolia</i>	Virginia Creeper	Vine (N)	Pandorus Sphinx, Virginia Creeper Sphinx
<i>Passiflora</i> spp.	Purple Passion Flower	Vine (N)	Gulf Fritillary, Variegated Fritillary; Gray Hairstreak; Checkered White
<i>Penstemon digitalis</i>	Penstemon	Perennial (N)	Baltimore Checkerspot
<i>Petroselinum crispum</i>	Parsley	Herb	Black Swallowtail
<i>Phaseolus</i>	Beans	Vegetable	Painted Lady; Grey Hairstreak
<i>Pisum</i> and <i>Lathyrus</i>	Pea, Sweetpea	Vegetable	Eastern Tailed-Blue, Gray Hairstreak, Silvery Blue; Hoary Edge; Clouded Sulphur, Orange Sulphur
<i>Plantago major</i>	Plantain	Wild/Weed	Baltimore Checkerspot, Common Buckeye
<i>Populus</i> spp.	Poplar	Tree	Mourning Cloak, Red-spotted Purple, Viceroy
<i>Quercus</i>	Oak	Tree	Red-spotted Purple; Banded Hairstreak, Red-banded Hairstreak; Horace's Duskywing
<i>Ribes</i> spp.	Gooseberry	Shrub	Gray Comma
<i>Rhododendron</i> spp.	Azalea/Rhododendron	Shrub	Gray Comma
<i>Rudbeckia</i> spp.	Black-eyed Susan	Perennial (N)	Silvery Checkerspot
<i>Ruellia</i>	Wild Petunia	Perennial (N)	Common Buckeye
<i>Rumex</i> spp.	Native Docks	Wild/Weed	Bronze Copper, other Coppers
<i>Ruta graveolens</i>	Rue	Herb	Black Swallowtail, Giant Swallowtail
<i>Salix</i>	Willow	Tree/Shrub	Mourning Cloak, Red-spotted Purple, Viceroy; Eastern Tiger Swallowtail
<i>Schizachyrium scoparium</i>	Little Bluestem	Perennial Grass	Crossline Skipper, Delaware Skipper
<i>Sedum ternatum</i>	Woodland Stonecrop	Perennial (N)	Variegated Fritillary
<i>Senecio</i>	Dusty Miller	Annual	American Lady
<i>Symphoricarpos</i>	Snowberry	Shrub	Snowberry Clearwing
<i>Symphotrichum</i> spp.	Aster	Perennial (N)	Eastern Crescent, Painted Crescent, Pearl Crescent, Silvery Checkerspot; Eastern Tailed-Blue
<i>Trifolium repens</i>	White Clover	Wild/Weed	Eastern Tailed-Blue, Gray Hairstreak; Clouded Sulphur, Orange Sulphur
<i>Tropaoleum</i> spp.	Nasturtium	Annual	Cabbage White
<i>Ulmus</i> spp.	Elm	Tree	Eastern Comma, Gray Comma, Hackberry Emperor, Mourning Cloak, Question Mark, Tawny Emperor
<i>Verbena</i> spp.	Verbena/Vervain	Annual	Common Buckeye
<i>Vernonia</i> spp.	Ironweed	Perennial (N)	American Lady
<i>Viburnum</i> spp.	Viburnum	Shrub (N)	Baltimore Checkerspot; Virginia Creeper Sphinx
<i>Viola</i> spp.	Violet, Pansy	Wild/Weed	Diana Fritillary, Great-Spangled Fritillary, Meadow Fritillary, Silver-bordered Fritillary, Variegated Fritillary
<i>Vitis</i>	Grape	Vine	Pandorus Sphinx, Virginia Creeper Sphinx



Nectar Plants for Butterflies and Moths - Perennials, Shrubs and Trees

Botanical Name	Common Name	Type of Plant	Provides Nectar for these Butterflies and Moths:
<i>Abelia grandiflora</i>	Glossy Abelia	Shrub	Swallowtails
<i>Achillea</i> spp.	Yarrow	Perennial	American Copper, Banded Hairstreak, Red-banded Hairstreak
<i>Agastache foeniculum</i>	Fragrant Hyssop	Perennial	Various
<i>Allium schoenoprasum</i>	Chives	Herb	Various
<i>Amelanchier stolonifera</i>	Serviceberry	Shrub (N)	Various
<i>Asclepias</i> spp.	Butterfly Weed; Common, Green, Swamp and Whorled Milkweed	Perennial (N)	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
<i>Baptisia australis</i>	Blue False Indigo	Perennial (N)	Various
<i>Buddleja davidii</i>	Butterfly Bush	Perennial	Eastern Comma, Gulf Fritillary, Monarch, Mourning Cloak, Painted Lady, Red Admiral, Red-spotted Purple, Question Mark, Variegated Fritillary, Viceroy
<i>Callicarpa americana</i>	Beautyberry	Shrub (N)	Various
<i>Callirhoe involucrata</i>	Poppy Mallow	Perennial	Various
<i>Ceanothus americanus</i>	New Jersey Tea	Shrub (N)	Spring Azure, Summer Azure; Hoary Edge, Horace's Duskywing, Northern Broken Dash, Peck's Skipper
<i>Cephalanthus occidentalis</i>	Buttonbush	Shrub (N)	Painted Lady; Clouded Skipper, Delaware Skipper, Hoary Edge, Horace's Duskywing, Silver-spotted Skipper, Zabulon Skipper
<i>Cercis</i> spp.	Redbud	Tree	Zebra Swallowtail
<i>Coreopsis lanceolata</i>	Lanceleaf Coreopsis	Perennial (N)	Common Buckeye; Eastern Tailed-Blue
<i>Cornus</i> spp.	Dogwood	Shrub	American Snout; Banded Hairstreak
<i>Dalea purpurea</i>	Purple Clover	Weed/Wild	Regal Fritillary, other Fritillary
<i>Dianthus</i> spp.	Pinks	Perennial	Giant Swallowtail, Eastern Tiger Swallowtail
<i>Echinacea</i> spp.	Coneflower	Perennial (N)	Various

Botanical Name	Common Name	Type of Plant	Provides Nectar for these Butterflies and Moths:
<i>Eupatorium</i> spp.	Joe Pye Weed, Boneset	Perennial (N)	American Lady; Bronze Copper; Horace's Duskywing, Little Glassywing, Zabulon Skipper
<i>Geranium maculatum</i>	Wild Geranium	Perennial (N)	Dusky Azure
<i>Helianthus</i> spp.	Sunflower	Perennial	Sachem, Wild Indigo Duskywing
<i>Hibiscus moscheutos</i>	Swamp Rose Mallow	Perennial (N)	Gulf Fritillary
<i>Iris fulva</i>	Copper Iris	Perennial (N)	Various
<i>Lavandula</i> spp.	Lavender	Herb	Horace's Duskywing
<i>Leucanthemum</i> spp.	Shasta Daisy	Perennial	Red Admiral
<i>Liatris</i> spp.	Blazingstar	Perennial (N)	Gulf Fritillary, Monarach, Painted Lady; Silver-spotted Skipper
<i>Lobelia cardinalis</i>	Cardinal Flower	Perennial (N)	Various
<i>Lobelia syphiliticus</i>	Great Blue Lobelia	Perennial (N)	Various
<i>Oenothera</i> spp.	Missouri Primrose	Perennial (N)	Various
<i>Passiflora</i> spp.	Passion Flower	Vine (NO	Great Spangled Fritillary
<i>Philadelphus coronarius</i>	Mock Orange	Shrub	Various
<i>Phlox paniculata</i>	Garden Phlox	Perennial	Various
<i>Pycnanthemum</i> spp.	Mountain Mint	Perennial (N)	Regal Fritillary
<i>Rhododendron</i> spp.	Azalea/Rhododendron	Shrub	Various
<i>Rubus</i>	Blackberry	Shrub	Summer Azure; Zebra Swallowtail
<i>Rudbeckia</i> spp.	Black-eyed Susan	Perennial (N)	American Snout, Great Spangled Fritillary, Pearl Crescent
<i>Salvia</i> spp.	Garden Sage	Perennial	Gulf Fritillary, Monarch
<i>Sedum ternatum</i>	Woodland Stonecrop	Perennial	Fiery Skipper
<i>Solidago</i> spp.	Goldenrod	Perennial (N)	American Lady, American Snout; Gray Hairstreak; Horace's Duskywing
<i>Symphoricarpos</i>	Snowberry	Shrub	Snowberry Clearwing
<i>Symphotrichum</i> spp.	Aster	Perennial (N)	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
<i>Syringa</i> spp.	Lilac	Shrub	Zebra Swallowtail; Snowberry Clearwing
<i>Trifolium repens</i>	White and Red Clover	Perennial Wild/Weed	Summer Azure; Common Checkered-Skipper, Common Sootywing, Least Skipper, Northern Broken Dash, Tawny-edge Skipper, Wild Indigo Duskywing
<i>Vaccinium</i>	Blueberry	Shrub	Zebra Swallowtail
<i>Verbena canadensis</i>	Rose Verbena	Perennial (N)	Ozark Swallowtail
<i>Vernonia</i> spp.	Ironweed	Perennial (N)	Crossline Skipper, Fiery Skipper, Sachem



Nectar Plants for Butterflies and Moths - Annuals

Botanical	Common	Type of Plant	Provides Nectar for these Butterflies and Moths:
<i>Antirrhinum</i>	Snapdragon	Annual	Common Buckeye
<i>Asclepias curassavica</i>	Bloodflower	Annual	Great Spangled Fritillary, Regal Fritillary, Monarch; Gray Hairstreak
<i>Catharanthus roseus</i>	Annual Vinca	Annual	Various
<i>Cosmos</i> spp.	Cosmos	Annual	Painted Lady, Monarch, Silvery Checkerspot; Sachem; Spicebush Swallowtail; Orange Sulphur, Sleepy Orange
<i>Daucus carota</i>	Queen Anne's Lace	Wild/Weed	Gray Hairstreak
<i>Dianthus</i> spp.	Pinks	Annual	Giant Swallowtail, Eastern Tiger Swallowtail
<i>Gaillardia pulchella</i>	Indian Blanket	Annual	Various
<i>Gomphrena globosa</i>	Globe Amaranth	Annual	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
<i>Helianthus</i> spp.	Sunflower	Annual	American Lady, Silvery Checkerspot, Painted Lady; Sachem, Wild Indigo Duskywing; Giant Swallowtail, Spicebush Swallowtail
<i>Iberis</i> spp.	Candytuft	Annual	Zebulon Skipper
<i>Impatiens</i>	Impatiens	Annual	Gulf Fritillary; Cabbage White
<i>Lantana camara</i>	Lantana	Annual	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
<i>Pelargonium</i> spp.	Geranium	Annual	Two-tailed Swallowtail
<i>Pentas lanceolata</i>	Pentas	Annual	Gulf Fritillary; Sachem
<i>Petunia</i>	Petunia	Annual	Eastern Tiger Swallowtail, Pipevine Swallowtail
<i>Phlox</i>	Phlox	Annual	Sachem, Silver-spotted Skipper, Zebulon Skipper; Black Swallowtail, Eastern Tiger Swallowtail, Spicebush Swallowtail; Clouded Sulphur; Hydrangea Sphinx
<i>Rudbeckia hirta</i>	Denver Daisy	Annual	Great Spangled Fritillary, Silvery Checkerspot, American Snout

Botanical	Common	Type of Plant	Provides Nectar for these Butterflies and Moths:
<i>Salvia coccinea</i>	Scarlet Sage	Annual	Cloudless Sulphur
<i>Tagetes</i> spp.	Marigold	Annual	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
<i>Taraxacum officinale</i>	Dandelion	Wild/Weed	Pearl Crescent; Cabbage White, Clouded Sulphur, Orange Sulphur
<i>Tithonia rotundifolia</i>	Mexican Sunflower	Annual	Pipevine Swallowtail, Eastern Tiger Swallowtail
<i>Verbena</i> spp.	Vervain, Tall Verbena, Swamp Verbena	Annual	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
<i>Zinnia elegans</i>	Zinnia	Annual	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

Notes on the Preceding Lists:

All of these lists have been edited to reflect plants currently available at Bowood Farms, with a few common wild/weed plants included. Many sources were referenced and then edited for butterfly and moth species generally found in Missouri. They are listed by common name in their family groups rather than alphabetically, as this is the way most lists are presented. This list is necessarily from the point of view of 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 Botanical Garden; Easyliving Wildflowers, Willow Springs, MO; the North American Butterfly Association (NABA) which collects data from observations all over the United States; Butterflies and Moths of North America (BAMONA); Shady Oak Butterfly Farm, FL; Rose Franklin's Perennials, Spring Mills, PA; thebutterflysite.com; and welcomewildlife.com - as well as the following sites which are my favorite gateways:

<http://www.dallasbutterflies.com>

Dallas County Lepidopterist Society - for i.d. photos choose 'Butterfly Gardening' or 'Caterpillars' listed by family groups; also host plants listed by butterfly and information on nectar plants.

<http://www.monarchwatch.org/> <https://www.monarchwatch.org/garden/plant-list-monarchwatch.pdf>

Home of the Monarch Waystations program. The PDF is 'Plants for Butterfly and Pollinator Gardens' and includes information on host plants.

https://www.xerces.org/wp-content/uploads/2016/10/2017-050_MidwestPlantList_Dec2017_web-3page.pdf

Stand for butterflies, moths and all pollinators! The Xerces Society is a great place to activate your conservation stance. This PDF is a midwest-specific list of pollinator-friendly natives.

<http://www.gardenswithwings.com/identify-butterflies.html>

<http://www.gardenswithwings.com/what-is-a-butterfly-garden.html>

My favorite! Great identification tools and lists of host and nectar plant that can be cross referenced with the butterfly species.