

PERENNIALS FOR BUTTERFLIES

A garden that successfully attracts butterflies provides both nectar for adults and host/food plants for larvae (caterpillars). It is also beneficial to have a water source (a large shallow plate or a few rocks placed in your birdbath) and places for hiding and resting. Be cautious in your use of pesticides as they may be harmful to butterflies as well as your target pest. Keep in mind that butterflies don't mind if things are a bit 'messy'- maybe an out of the way unkempt corner, just for the butterflies! (L = Larvae favorite, A = Adult favorite.)

Common Name/ Botanical Name



Yarrow/ *Achillea* (L,A)
 Lilly-of-the-Nile/ *Agapanthus* (A)
 Agastache/ *Agastache* (A)
 Hollyhock/ *Alcea* (L)
 Columbine/ *Aquilegia* (A)



Rockcress/ *Arabis*
 Thrift/ *Armeria* (A)
 Butterfly Weed/ *Asclepias* (L,A)
 Aster/ *Aster* (L,A)
 False Spiraea/ *Astilbe* (A)



Aubrieta/ *Aubrieta*
 Aurinia/ *Aurinia*
 Cupid's Dart/ *Catananche* (A)
 Jupiter's Beard/ *Centranthus* (A)
 Tickseed/ *Coreopsis* (A)



Delphinium/ *Delphinium* (A)
 Carnation, Pinks/ *Dianthus* (A)
 Bleeding Heart/ *Dicentra* (L)
 Foxglove/ *Digitalis* (L)
 Coneflower/ *Echinacea* (A)



Glove Thistle/ *Echinops* (A)
 Fleabane/ *Erigeron* (A)
 Sea Holly/ *Eryngium* (A)
 Pineapple Lily/ *Eucomis*
 Joe Pye Weed/ *Eupatorium* (A)
 Fennel/ *Foeniculum* (L)



Blanket Flower/ *Gaillardia* (A)
 Gaura/ *Gaura* (A)
 Baby's Breath/ *Gypsophila*
 Sneezeweed, Helen's Flower/ *Helenium*
 Sunflower/ *Helianthus* (L)

Ox Eye or False Sunflower/ *Heliopsis*
 Daylily/ *Hemerocallis*
 Candytuft/ *Iberis* (A)
 Knautia/ *Knautia*
 Lavender/ *Lavandula* (A)
 Tree Mallow/ *Lavatera* (L)
 Shasta Daisy/ *Leucanthemum*
 Gayfeather/ *Liatris* (A)
 Cardinal Flower/ *Lobelia* (A)
 Lupine/ *Lupinus* (L)
 Bee Balm/ *Monarda* (A)
 Catmint/ *Nepeta*
 Beard Tongue/ *Penstemon* (L,A)
 Russian Sage/ *Perovskia*
 Jerusalem Sage/ *Phlomis*
 Phlox (Tall Garden varieties)/ *Phlox*
 Obedient Plant/ *Physostegia*
 Jacob's Ladder/ *Polemonium*
 Primrose/ *Primula*
 Rosemary/ *Rosmarinus* (A)
 Black-eyed Susan/ *Rudbeckia*
 Sage/ *Salvia*
 Pincushion Flower/ *Scabiosa* (A)
 Stonecrop (Tall varieties)/ *Sedum* (A)
 Checkerbloom/ *Sidalcea* (L)
 Goldenrod/ *Solidago* (A)
 Verbena/ *Verbena* (A)
 Speedwell/ *Veronica* (L)