

Top 20 Native Butterfly Host & Nectar Plants

for the Lane County (Oregon) Garden

(B. Newhouse/Salix Associates/January 2012)

Common name	Latin name	Host?	Nectar?
Blue Gilia	<i>Gilia capitata</i>		x
California Oatgrass	<i>Danthonia californica</i>	x	
Chokecherry	<i>Prunus virginiana</i> var. <i>demissa</i>	x	?
Douglas' Aster	<i>Symphyotrichum subspicatum</i>		x
Goldenrod	<i>Solidago canadensis</i>		x
Many-Leaved Lupine	<i>Lupinus polyphyllus</i>	x	x
Nootka Rose	<i>Rosa nutkana</i> var. <i>nutkana</i>	x	x
Oregon Geranium	<i>Geranium oregonum</i>		x
Oregon Sunshine	<i>Eriophyllum lanatum</i>		x
Pearly Everlasting	<i>Anaphalis margaritacea</i>	x	x
Red Columbine	<i>Aquilegia formosa</i>		x
Rosy Checkermallow	<i>Sidalcea malviflora</i> ssp. <i>virgata</i>	x	x
Rosy Plectritis	<i>Plectritis congesta</i>		x
Scouler's Willow	<i>Salix scouleriana</i>	x	
Showy Milkweed	<i>Asclepias speciosa</i>	x	x
Showy Tarweed	<i>Madia elegans</i>		x
Stinging Nettle (be careful!)	<i>Urtica dioica</i>	x	
Tiger Lily	<i>Lilium columbianum</i>		x
Woods Strawberry	<i>Fragaria vesca</i>	x	x
Yarrow	<i>Achillea millefolium</i>		x

Butterfly gardening tips:

1. Provide native nectar plants for adults and native host plants for their caterpillars.
2. Plant many large patches of these plants in the same area if possible.
3. The sunnier, the better.
4. Provide water, if possible.
5. Avoid planting exotic plants which may harm butterflies, or someday may become invasive.
6. Plant locally-sourced plants whenever possible. Even "natives" from far away may not have the exact smell and taste a butterfly is looking for.
7. Talk about butterflies and their habitat needs with your neighbors!

HAVE FUN!!