

Central Coast California native plants generally available in nursery trade, from specialty native plant nurseries or plant sales, that provide nectar for a number of specific butterfly and Moth species. Compiled from many sources Jeffrey A. Caldwell, supplemented and edited for local Monterey County Species by Pat Regan

Healthy plants under good moisture conditions produce more nectar. Usually plants in sheltered, sunny locations get more attention. The minimum patch size in flower for one species to be likely to be "found" and used is roughly 25 square feet. Maximum interest is generated when eight or more attractive species in significant patches are in flower simultaneously. For butterfly gardens, bigger is better!

Instead of flower nectar, many butterflies are attracted to rotting fruit. A few are attracted to tree sap, as from the wounds made by a sapsucker to living trees. Fresh dung and mud are other items of sustenance of importance to many butterflies.

Achillea millefolium. White Yarrow.
Propertius Duskywing, Mournful Duskywing, Common Ringlet, West Coast Lady, Painted Lady, Common Checkerspot, American Painted Lady, Purplish Copper, Gray Hairstreak, Marine Blue, Eastern Tailed Blue, Anise Swallowtail, Cabbage White, Orange Sulphur, Western Brown Elfin, Fiery Skipper, Umber Skipper.

Achillea millefolium 'Island Pink' photographs document its popularity with butterflies.

Adenostoma fasciculatum. Chamise.
Greenish Blue.

Aesculus californica. California Buckeye.
Western Tiger Swallowtail (pollinator), Anise Swallowtail, Pipevine Swallowtail, Pale Swallowtail, Two-tailed Swallowtail, Common Checkerspot (a favored source!), Tailed Copper, Gorgon Copper, Spring Azure, California Sister, Mourning Cloak, Lorquin's Admiral, Northern Checkerspot,

Edith's Checkerspot, California Tortoiseshell, West Coast Lady, Painted Lady, Common Buckeye, Satyr Anglewing, Calippe Fritillary, Crown Fritillary, Monarch, Common Ringlet, Cabbage White, Orange Sulphur, Large Marble, Great Copper, Acmon Blue, Thicket Hairstreak, Gold-Hunter's Hairstreak, Hedgerow Hairstreak, Dryope Hairstreak, Great Purple Hairstreak, California Hairstreak, the Farmer, Umber Skipper, Mournful Duskywing, Propertius Duskywing, Silver-spotted Skipper, Northern Cloudy-wing, Farmer (principal nectar source).

Agastache urticifolia. Nettleleaf Giant Hyssop.
'One of the best' for butterflies' (B. Wilson); Monarch. Western Tiger Swallowtail.

Allium spp. Wild Onions.
Edith's Checkerspot, Propertius Dusky-wing

Amorpha californica. (California False Indigo). California Dogface.

Anaphalis margaritacea. Pearly Everlasting.
Anise Swallowtail, Mylitta Crescent, Woodland Skipper, American Painted Lady.

Aquilegia formosa. Western Columbine.
Pale Swallowtail, Anise Swallowtail, Silvery Blue, Acmon Blue, Common Ringlet, Common Wood Nymph.

Apocynum spp. Dogbanes.
Boisduval's Marble, Western Sulphur, Great Copper, Gorgon Copper, California Hairstreak, Sylvan Hairstreak, Thicket Hairstreak, Johnson's Hairstreak, Gray Hairstreak, Field Crescent, Northern Checkerspot, Common Checkerspot, Lorquin's Admiral, Ox-eye Satyr, Woodland Satyr, Silver-spotted Skipper, Northern Cloudy-wing, Propertius Dusky-wing, Mournful Dusky-wing, Dodge's Skipper, Columbia Skipper, Farmer

Apocynum androsaemifolium. Spreading Dogbane.
Fritillaries, West Coast Lady, Clodius Parnassian, Dun Skipper, Sylvan Hairstreak, Hedgerow Hairstreak, Lorquin's Admiral, Gray Hairstreak, Common Buckeye, Checkered White, Pacuvius Dusky-wing, Persius Dusky-wing ('addicted' (Shapiro) to this nectar!).

Apocynum cannabinum. Indian Hemp.
Western Tiger Swallowtail, Fritillaries, West Coast Lady; Clodius Parnassian, Dun Skipper, Sachem, Silver-spotted Skipper, Sylvan Hairstreak, Hedgerow Hairstreak, Lorquin's Admiral, Red Admiral, Gray Hairstreak, Common Buckeye, Spring Azure, Eastern Tailed Blue, Monarch, Cabbage White, Orange Sulphur; favorite of

American Painted Lady, Great Purple Hairstreak & Great Copper.

Armeria maritima. Seathrift.
Skippers, Blues, Green Hairstreak.

Aralia californica. Elk Clover.
Drew 'droves of hungry butterflies' according to Bay Natives.

Arctostaphylos spp. Manzanitas.
California Tortoiseshell. Monarch. Many moths.

Asclepias spp. Milkweeds.
Monarch, Clodius Parnassian, Western Tiger Swallowtail, Pipevine Swallowtail, Red Admiral, Orange Sulphur, Acmon Blue, American Painted Lady, Common Buckeye, Boisduval's Blue, Gray Hairstreak, Spring Azure, Silver-spotted Skipper, Cabbage White, Checkered White, Western Sulphur, Great Purple Hairstreak, Sylvan Hairstreak, Thicket Hairstreak, Johnson's Hairstrea, Field Crescent, Northern Checkerspot, Common Checkersot, Lorquin's Admiral, Woodland Satyr, Mournful Dusky-wing, Dodge's Skipper, Columbia Skipper

Asclepias cordifolia. Heartleaf Milkweed.
Clark's Sphinx, Monarch, many butterflies

Asclepias fascicularis. Narrowleaf Milkweed.
'Super' for butterflies, at least 10 species.
Western Tiger Swallowtail, American Painted Lady, Acmon Blue, Gray Hairstreak, Mourning Cloak, Queen, Monarch, Least Checkered Skipper; excellent nectar source for Mt. Diablo butterflies. Twelve species were collected on one large patch; also attract nocturnal moths.

Asclepias speciosa. Showy Milkweed.
Western Tiger Swallowtail, Gray Hairstreak, Spring Azure, Red Admiral, Painted Lady

Asteraceae. Dodge's Skipper, Lindsey's Skipper

Aster sp.

Clodius Parnassian, West Coast Lady, Painted Lady, Common Checkerspot, Gray Hairstreak, Cabbage White, Checkered White, Buckeye, Skippers, Coppers, Anise Swallowtail, Orange Sulphur, Purplish Copper, Crown Fritillary, Lorquin's Admiral, California Ringlet, Columbia Skipper, Sandhill Skipper

Aster chilensis. Common California Aster. Orange Sulphur, Mormon Metalmark, Field Crescent, Monarch, Sandhill Skipper, Common Buckeye, skippers, West Coast Lady, Mylitta Crescent

Baccharis douglasii. Marsh Baccharis. Tailed Copper, Acmon Blue, American Painted Lady, Common Buckeye; "generally attractive, especially to coppers, blues, hairstreaks and buckeyes" Shapiro.

Baccharis pilularis. Coyotebrush. Shapiro: "all fall butterflies including blues, ladies, buckeye, purplish copper, gray hairstreak and various skippers" Purplish Copper, Western Pygmy Blue, Acmon Blue, Painted Lady, Common Buckeye, California Sister

Baccharis pilularis 'Pigeon Point'. 'Small butterflies'

Berberis aquifolium. Oregon Grape. Painted Lady.

Berberis nevinii. Nevin's Barberry. Monarch

Bidens laevis. Larger Bur-marigold. Orange Sulphur, Duskywings, Painted Lady, California Dogface, Mormon Metalmark, Common Buckeye, Red Admiral, Monarch, blues, hairstreaks.

Bloomeria crocea. Common Goldenstar. 'Great' for butterflies.

Castilleja exserta. Purple Owl's Clover. Quino Checkerspot

Ceanothus spp. and vars. Wild Lilac. especially white-flowered forms. 'butterflies', Common Buckeye, Gray Hairstreak, Thicket Hairstreak, Johnson's Hairstreak, Spring Azure, Western Meadow Fritillary.

Ceanothus thyrsiflorus var.griseus. Cabbage White.

Ceanothus thyrsiflorus. Pale Swallowtail, Echo Blue, Common Buckeye, California Tortoiseshell, Brown Elfin (other Ceanothus attract these, also).

Ceanothus 'Wheeler Canyon'. Western Tiger Swallowtail.

Cercis occidentalis. Western Redbud. Western Brown Elfin, Echo Blue.

Chilopsis linearis. Desert Willow. Monarch

Cirsium spp. Thistles. Clark's Sphinx, Common Checkerspot, Pipevine Swallowtail, Western Tiger Swallowtail, Pipevine Swallowtail, Pale Swallowtail, California Dogface, Orange Sulphur, Checkered White, Large Marble, California Dogface, Hedgerow Hairstreak, Western Meadow Fritillary, Zerene Fritillary, Callippe Fritillary, Unsilvered Fritillary, Field Crescent, Lorquin's Admiral, California Sister, Monarch, Lindsey's Skipper, Sachem

Cirsium occidentale. Western Thistle. 'Butterflies'. Monarch.

Clarkia sp. Skippers

Clarkia unguiculata. Elegant Fairyfans.
Clark's Sphinx, "butterflies"

Claytonia perfoliata. Indian Lettuce.
Spring Azure.

Clematis sp. Virgin's Bower.
Common Wood Nymph.

Cornus sericea. Redtwig Dogwood.
Orange Sulphur.

Delphinium variegatum. Royal Larkspur.
Western Tiger Swallowtail, Bay
Checkerspot

Dendromecon rigida. Bush Poppy..

Dichelostema capitatum. Blue Dicks.
Clark's Sphinx, Common Checkerspot, Bay
Checkerspot, Propertius Duskywing,
Mournful Duskywing, Common Ringlet,
Sara Orange-tip (favored source), Monarch,
California Dogface, Pale Swallowtail,
Western Tiger Swallowtail, Northern
Cloudy-wing,

Dichelostema congestum. Ookow.
Propertius Duskywing, Mournful Duskywing,
Common Ringlets, Unsilvered Fritillary,
Western Tiger Swallowtail, Anise
Swallowtail

Encelia californica.
Monarch, swallow tails.

Epilobium canum. California Fuchsia.
Pipevine Swallowtail (most avid user known
to Shapiro), Anise Swallowtail, California
Dogface

Ericameria arborescens. Golden Fleece.
Visited by moths.'Generally attractive'
(Shapiro).

Ericameria ericoides. Mock Heather.
Duskywing.

Erigeron glaucus. Seaside Daisy. and
vars.

Mylitta Crescent (strongly drawn), Common
White, Common Checkerspot, West Coast
Lady, Painted Lady, skippers, Gray
Hairstreak, Green Hairstreak, Mournful
Duskywing, Mylitta Crescent
'Cape Sebastian'. Adored by butterflies.
'Wayne Roderick'. Great for butterflies,
including Monarch, Common Checkered
Skipper.

Eriodictyon californicum. Yerba Santa.
Western Tiger Swallowtail, Pale Swallowtail,
Pipevine Swallowtail, Common Checkerspot
(major source), Northern Checkerspot,
Edith's Checkerspot, Funereal Duskywing,
swallowtails, Sara Orange-tip, Lorquin's
Admiral, Small Marble, Boisduval's Marble,
Western Sulphur, California Hairstreak,
Hedgerow Hairstreak, Thicket Hairstreak,
Johnson's Hairstreak, Nelson's Hairstreak,
Western Brown Elfin, Arrowhead Blue,
Propertius Dusky-wing, Mournful Dusky-
wing . Locally the next best nectar plant
after the California Buckeye.

Eriodictyon crassifolium.
Bert Wilson: "quite the butterfly magnet and
easier to grow". Common Checkerspot,

Eriodictyon tomentosum.
Monarch, West Coast Lady, Gray
Hairstreak, fritillaries, others

Eriogonum sp. Wild Buckwheats.
Tailed Copper, American Painted Lady,
Common Buckeye, Marine Blue, Gray
Hairstreak

Eriogonum cinereum. Ashy-leaf
Buckwheat.
Gray Hairstreak, Acmon & Marine Blues,
Funereal Duskywing, Fiery & Umber
Skippers.

Eriogonum elongatum.

A "butterfly favorite" according to U.C. Riverside Botanic Garden

Eriogonum fasciculatum. California Buckwheat.

Skippers, Acmon Blue, Dotted Blue, Buckeye, Green Hairstreak, Gray Hairstreak, Mormon Metalmark. "Swallowtails, blues, checkerspots, painted lady, common buckeye, Tailed Copper, Mournful Duskywing, skippers" (NABA Malibu) Marine Blue, Funereal Duskywing, Fiery Skipper, Umber Skipper.

Eriogonum giganteum. Saint Catherine's Lace.

'Butterflies'.

Eriogonum latifolium. Coast Buckwheat. 'Butterflies'. Two species on San Bruno Mountain. Gorgon Copper, Blue Copper.

Eriogonum latifolium ssp. **grande** var. **rubescens.** Pink Island Buckwheat. 'Butterflies'. Mournful Duskywing.

Eriogonum nudum. Naked Buckwheat. Acmon Blue, Tailed Copper, Gorgon Copper, Hedgerow Hairstreak, Zerene Fritillary, Woodland Satyr (a favorite source).

Eriogonum parvifolium. Dune Buckwheat. Gray Hairstreak, Acmon Blue, Marine Blue, Smith's Blue Funereal Duskywing, Fiery Skipper, Umber Skipper.

Eriogonum umbellatum var. **polyanthum.** Sulphur Buckwheat.

Eriophyllum confertiflorum. Golden Yarrow. Anise Swallowtail, Common Checkerspot, Bay Checkerspot, Tailed Copper, Field Crescent, Acmon Blue, Hedgerow Hairstreak, Cabbage White, Marine Blue,

American & West Coast Ladies, Fiery & Umber Skippers.

Eriophyllum lanatum var. **achillaeoides.** Oregon Sunshine.

Very good on Mt. Diablo. Boisduval's Marble, Gorgon Copper, Nelson's Hairstreak, Northern Checkerspot, Leinara Checkerspot (a favorite source).

Erysimum capitatum. Western Wallflower. Western Tiger Swallowtail, Pale Swallowtail.

Erysimum concinnum. 'butterflies'

Eschscholzia californica. California Poppy.

Skippers, Common Ringlet

Euthamia occidentalis. Western Goldenrod. Orange sulphur, Crown Fritillary

Fragaria vesca. Woodland Strawberry. Western Meadow Fritillary, Green Hairstreak.

Gilia sp. Quino Checkerspot

Gilia achilleaefolia. Yarrow-leaved Gilia. West Coast Lady, Western Tiger Swallowtail, Gulf Fritillary, 'small butterflies'.

Gilia capitata. Blue Globe Gilia. Common Checkerspot, Cabbage White, California Ringlet, Gabb's Checkerspot, Mylitta Crescent, Orange Sulphur, Boisduval's Blue and Juba Skipper, native white.

Gilia tricolor. Bird's Eye. Orange Sulphur and White-lined Sphinx.

Grindelia camporum. Valley Gumplant.
Favorite of Great Copper, Common
Checkerspot

Grindelia hirsutula
'Great' for butterflies.

Grindelia stricta.
'Butterflies'. Coppers, Skippers, Common
Buckeye, Red Admiral, Duskywings.

Helianthus gracilentus. Slender
Sunflower.
'Butterflies adore'. Common Checkerspot,
Monarch

Heliotropium curassavicum. Salt
Heliotrope.
American Painted Lady, Marine Blue,
Western Pygmy Blue, Checkered White,
Orange Sulphur, Purplish Copper, Gray
Hairstreak, Eastern Tailed Blue, Acmon
Blue, Common Buckeye likely: Painted
Lady, Fiery Skipper, Least Checkered
Skipper, Sandhill Skipper, Eufala Skipper

Helenium puberulum. Rosilla.
Field Crescent

Heracleum lanatum. Cow Parsnip.
Lorquin's Admiral, 'many lycaenids'
(Shapiro).

Heteromeles arbutifolia.
Western Tiger Swallowtail, Tailed Copper,
Acmon Blue (a favored source), Hedgerow
Hairstreak, Mountain-Mahogany Hairstreak,
California Sister, Mourning Cloak; one of the
best butterfly nectar plants on Mt. Diablo

Heterotheca sessiliflora ssp. bolanderi.
Goldenaster.
West Coast Lady, Painted Lady,
Checkerspots, Gray Hairstreak, Cabbage
White, Coppers.

Hoita orbicularis. Giant Clover.

Holodiscus discolor. Oceanspray.
Pale Swallowtail, Tailed Copper, Lorquin's
Admiral, Oceanspray Fairy Moth (*Adela
septentrionella*)

Isocoma menziesii. Coast Golden Bush.
Tree of Life Nursery recommends for
butterfly nectar.

Isomeris arborea. Bladderpod.
Monarch

Keckiella antirrhinoides. Yellow Bush
Snapdragon.
Quino Checkerspot,

Lasthenia californica. Goldfields.
Edith's Checkerspot, Common Ringlet,
Skippers,

Layia platyglossa. Tidy-tips.
Edith's Checkerspot, Common Ringlet

Lepechinia calycina. Pitcher Sage.
Common Checkerspot

Lessingia filaginifolia.
'Butterflies'. Bert Wilson says it attracts: "a
host of butterflies from skippers to
swallowtails". Orange Sulphur, Cabbage
White, Marine Blue, American Lady, West
Coast Lady, Fiery Skipper, Umber Skipper.

Lessingia hololeuca. Woolly-headed
Lessingia.
Orange Sulphur, Fiery Skipper, Woodland
Skipper, Sandhill Skipper, Common
Checkered Skipper, Acmon Blue

Lilium spp.
Swallowtails only. Pale Swallowtail.

Linanthus grandiflorus. California Phlox.
unidentified Lady butterfly.

Linum lewisii.
Checkered White.

Lippia sp.

Purplish Copper, Gray Hairstreak, Eastern Tailed Blue, Acmon Blue, Common Buckeye, Least Checkered Skipper, Sandhill Skipper, Eufala Skipper

Lobelia cardinalis

Pipevine Swallowtail, White-lined Sphinx.

Lobelia dunnii.

Bert Wilson: "butterflies large and small love it from skippers to swallowtails, including monarchs"; Western Tiger Swallowtail, Monarch

Lonicera sp.

Common Checkerspot, Silver-spotted Skipper, Pipevine Swallowtail, Snowberry Clearwing.

Lonicera hispidula var. vacillans.

California Honeysuckle.
Swallowtail.

Lonicera involucrata. Twin Berry.

Western Tiger Swallowtail; another source says 'butterflies'.

Lotus (Acmispon) scoparius. Chaparral Broom.

Acmon Blue, Sandhill Skipper, Common Checkered Skipper, Orange Sulphur, 'whites, hairstreaks, blues, painted lady, skippers'(NABA) 'Acmon and Marine Blue, Funereal Duskywing, Fiery & Umber Skipper' (NABA Los Angeles Coastal Strip).

Lupinus spp. Lupines.

Painted Lady, West Coast Lady, Skippers, Gray Hairstreak, Orange Sulphur, Boisduval's Blue.

Lupinus albifrons.

'Great' for butterflies. Blues, painted ladies, gray hairstreaks, skippers.

Lupinus succulentus. Succulent Lupine.
'butterflies'.

Madia elegans.

'butterflies'.

Malacothamnus fasciculatus. Bush Mallow.

'Great' for butterflies. Painted ladies, buckeyes, skippers, monarchs, red admirals (and other Malacothamnus the same).

Malcothamnus palmeri.

Common Checkered Skipper.

Marah fabaceus.

Green Hairstreak.

Mentha spp.

Clodius Parnassian, Callippe Fritillary, Field Crescent, Oreas Anglewing, Pacuvius Dusky-wing, Common Checkered Skipper, Dodge's Skipper (a favorite nectar source for this species).

Mimulus aurantiacus, longiflorus. Bush Monkeyflower.

Common Checkerspot, Sara Orange-tip

Mimulus cardinalis. Scarlet Monkeyflower.
Cabbage White, Checkered White, Checkerspots, Painted Lady, Common Ringlet (NABA Malibu)

Monardella spp.

'butterflies'. 'Especially fritillaries and skippers' Shapiro. American Painted Lady, Monarch, Tilden's Skipper. Online photographs show Lorquin's Admiral, Common Checkerspots, and Pale Swallowtail nectaring on Monardella, most likely *M. villosa*.

Monardella antonina.

Especially fine species for butterflies; Monarch favorite.

Monardella macrantha.

Larger butterflies

Monardella villosa. Coyote Mint.

"An excellent butterfly plant." Propertius Duskywing, Mournful Duskywing, Common Ringlet, West Coast Lady, Acmon Blue, Sandhill Skipper, Monarch, Red Admiral, Lorquin's Admiral, Western Tiger Swallowtail, Anise Swallowtail, Gray Hairstreak, California Dogface, Common Checkerspot, Northern Checkerspot, Leanira Checkerspot, Ox-eye Satyr, Callippe Fritillary, California Tortoiseshell, Milbert's Tortoiseshell (a favorite source), California Dogface, Farmer

Oenothera elata var **hookeri.** Hooker's Evening Primrose.
White-lined Sphinx

Penstemon pseudospectabilis. Anise Swallowtail.

Penstemon spectabilis.
'butterflies'

Perityle incana.

Phacelia sp.
Small Marble.

Phacelia californica.
One species on San Bruno Mountain.
'Many' species (NABA).

Phacelia campanularia.
'butterflies'; White-lined Sphinx

Phacelia tanacetifolia.
'butterflies'

Philadelphus lewisii.
Western Tiger Swallowtail, Common Wood Nymph. 'Many species'.

Phyla nodiflora (aka Lippia). Frogfruit.
Orange Sulphur, Sandhill Skipper

Physocarpus capitatus. Ninebark.

Pluchea odorata. Salt Marsh Fleabane
Attracts 'a variety of butterflies' (Shapiro).

Potentilla fruticosa.
Monarch, Milbert's Tortoiseshell, Painted Lady, West Coast Lady, Tailed Copper, Boisduval's Blue, Marine Blue,

Prunella vulgaris. Self-heal.
Cabbage White, Silver-spotted Skipper, American Painted Lady, Great Arctic, Dun Skipper (particularly fond of this source)

Prunus ilicifolia. Hollyleaf Cherry.
Anise Swallowtail, Western Tiger Swallowtail

Prunus virginiana var. **demissa.** Western Choke Cherry.
Milbert's Tortoiseshell.

Ranunculus californicus.
Common Ringlet, Sara Orange-tip, *Adela trigrappa*, Large Marble, Mylitta Crescent

Rhamnus californica.
Common Checkerspot, Edith's Checkerspot, Lorquin's Admiral, Mourning Cloak, Pale Swallowtail, Gray Hairstreak, Echo Blue, California Hairstreak.

Rhododendron occidentale. Western Azalea.
Pipevine Swallowtail

Rhus trilobata. Squaw Bush.
Very attractive to checkerspots; Edith's Checkerspot, favorite of Johnson's Hairstreak & Common Checkerspot.

Ribes spp. Currants and Gooseberries.
Zephr Anglewing, Coppers.

Ribes aureum var. **gracillimum**. Golden Currant.
Monarch, Clark's Sphinx.

Ribes sanguineum var. **glutinosum**.
Western Pine Elfin, Spring Azure, Western Brown Elfin

Rubus parviflorus. Thimbleberry.
Checkerspot.

Rubus spectabilis. Salmonberry.

Rosa spp.
Mourning Cloak.

Salvia spp.
'butterflies'. American Painted Lady, Monarch, Buckeye, Red Admiral, Pale Swallowtail, Common Sulphur, Silvery Blue, Silver-spotted Skipper, White-lined Sphinx

Salvia apiana. White Sage.
'Butterflies'.

Salvia brandegei.
'Well liked by butterflies'; White-lined Sphinx.

Salvia 'Carl Nielson'. 'Butterflies'.

Salvia X 'Celestial Blue'.
Swallowtails, Painted Lady.

Salvia clevelandii. Cleveland's Sage.
Pale Swallowtail, Pipevine Swallowtail, Anise Swallowtail, Monarch, Silvery Blue, Orange Sulphur, Common Checkerspot, White-lined Sphinx. Important butterfly plant.

Salvia columbariae. Chia.
Common Buckeye, Quino Checkerspot, Clark's Sphinx

Salvia leucophylla. Purple Sage.
'Butterflies'. Painted Lady, Monarch.

Salvia mellifera. Black Sage.
Common Checkerspot, Monarch, Common Buckeye

Salvia 'Pozo Blue'. Painted Lady, Western Tiger Swallowtail, Fritillary, California Dogface, White-lined Sphinx, Snowberry Clearwing; specifically noted: Mournful Duskywing, Common Buckeye, fritillaries, hairstreaks, skippers

Salvia 'Vicki Romo'.
Butterflies including Monarch.

Salvia 'Winifred Gilman'.
Dogface, White-lined Sphinx.

Salvia spathacea.
Swallowtails.

Sambucus mexicana. Mexican Elderberry.
Anise Swallowtail.

Sedum spathulifolium.
Painted Ladies, Red Admiral.

Senecio canus.
Western Tiger Swallowtail, Western Sulphur, others

Sidalcea malviflora. Checker Mallow.
One species on San Bruno Mountain.
Monarch.

Sisyrinchium bellum. Blue-eyed Grass.
Large Marble

Solidago spp. Goldenrods.
American Painted Lady, Painted Lady, Common Buckeye, Milbert's Tortoiseshell, Purplish Copper, Marine Blue, Sachem, Orange Sulphur, Checkered White, Great Purple Hairstreak, Gray Hairstreak, Crown Fritillary, Lorquin's Admiral, California Ringlet, Monarch, Columbia Skipper.

Solidago californica. California Goldenrod.

Solidago canadensis ssp. **elongata**.

Canada Goldenrod.
Monarch, West Coast Lady, Red Admiral,
Gray Hairstreak, Mylitta Crescent, Acmon
Blue, Pine White, California Tortoiseshell

Solidago confinis. Southern Goldenrod.

A particularly good species for butterflies.

Solidago spathulata.

Stachys sp.

Cabbage White, Clark's Sphinx

Stachys ajugoides var. **ajugoides**. Wood

Mint.

'Persnickety Pink'.

Stachys bullata.

'Great' for butterflies.

Stachys chamissonis.

'Butterflies'.

Stachys pycnantha.

'Great' for butterflies. California Dogface.

Symphoricarpos albus var. **laevigatus**.

Common Snowberry.
Snowberry Clearwing, Lorquin's Admiral,
Common Checkerspot

Toxicodendron diversilobum. Poison

Oak.

Common Checkerspot

SOURCES INCLUDE:

Field Guide to Butterflies of the San Francisco Bay and Sacramento Valley Regions

by Arthur M. Shapiro and Timothy D. Manolis, 2007; Shapiro's web sites and Internet articles quoting him.

Bert Wilson's Las Pilitas Nursery Web site.

<http://www.laspilitas.com/>

Several butterfly gardening articles on the North American Butterfly Association Website.

Trichostema lanatum. Woolly Blue-curls.

Western Tiger Swallowtail, California
Dogface, Monarch, Large White Skipper,
hawkmoths

Trifolium spp. Clovers. Clodius Parnassian,

Large Marble, Orange Sulphur, Silver-spotted Skipper, Spring Azure, Sachem, Dun Skipper, Eastern Tailed Blue, Gray Hairstreak, American Painted Lady, Common Buckeye, Common Checkerspot (to large clovers), Dogstar Skipper

Trifolium willdenovii. Tomcat Clover.

Orange Sulphur, Bay Checkerspot

Triteleia hyacinthina. White Brodiaea.

Adela trigrapha and three other day-flying moths

Verbena spp.

Propertius Dusky-wing

Verbena lilacina '*de la Mina*'.

'butterflies'. Monarch

Wyethia spp.

Northern Checkerspot, Common
Checkerspot, Lindsey's Skipper.

Wyethia angustifolia. Narrowleaf Mule-ear.

Common Ringlet

Butterfly Gardening with Native Plants San Luis Obispo County:
<http://www.cnps-slo.org/Documents/BUTTERFLYGARDENING.pdf>

Yerba Buena Nursery
http://www.yerbabuenanursery.com/Butterfly_List.php

Tilden Regional Parks Botanic Garden,
<http://www.nativeplants.org/attractbutterflies.pdf>

Rancho Santa Ana Botanic Garden
<http://www.rsabg.org/images/stories/horticulture/lists/butterly.pdf>

California Flora Nursery
http://www.calfloranursery.com/pages_main/habitainfo.html

Theodore Payne Foundation
<http://www.theodorepayne.org/>

Tree of Life Nursery
<http://www.californianativeplants.com/>

The Green Hairstreak Corridor:
<http://sharpsf.com/GreenHairstreakpage/greenhairstreakonepagerindd.pdf>
http://natureinthecity.org/gh_plants.pdf

The Interdependence of Native Plants and Fendler's Blue Butterfly:
http://oregonstate.edu/~wilsomar/PDF/WHS_NPSO_97.pdf

Moldenke, A.R. 1971. ***Studies on the Species Diversity of California Plant Communities***. Ph.D. Thesis. Stanford University.

Grant, Verne & Karen. 1965. ***Flower Pollination in the Phlox Family***.