



Butterflies in Your Garden



Butterflies are a welcome visitor in any garden. To attract them, provide food plants for both the caterpillar and adult stages. This publication will list butterfly plants that will thrive in your garden and attract butterflies!

Butterflies of Stanislaus County

Here are a few commonly seen species in our area:

- Buckeye
- Cabbage White*
- California Buckeye
- Cloudless Sulphur
- Common Checkered Skipper
- Common Hairstreak
- Gulf Fritillary
- Monarch
- Mournful Duskywing
- Mourningcloak
- Painted Lady
- Pipevine Swallowtail
- Red Admiral
- Western Tiger Swallowtail

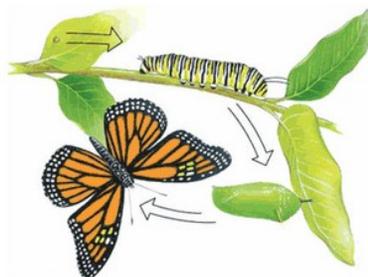
*also a pest that likes vegetables in the cabbage family.

California Dogface

Unfortunately, the California state butterfly (seen above right), the Dog Face butterfly, is rarely seen anymore. The larvae feed on False Indigo (*Amorpha californica*). They fly from February to December.

Butterfly Life Cycle

The butterfly life cycle begins when a female butterfly lays her egg on a host plant growing in a sunny spot. She may recognize the plant by sight, or pick up its scent.



Often females will tap the leaves, a behavior known as “drumming.” This releases chemicals that help her identify the plant.

Some butterflies only feed on one host species, others are less choosy. Eggs are laid singly or in clusters. Once hatched, most caterpillars will eat their own eggshell, and then the tiny caterpillars begin to eat and will shed their skin 4-6 times.

After 2-4 weeks of feeding, the fully grown caterpillar becomes a pupa, undergoing metamorphosis while encased in a chrysalis. This stage may last up to 2 weeks. Finally, the butterfly emerges from its chrysalis, remaining motionless until its wings harden. After hatching, males immediately begin looking for females, while mated females look for host plants.

Butterfly Requirements

To help shelter butterflies from the wind, plant rows of shrubs or trees, or install a fence or garden arbor.

Plant evergreen plants and place rocks in your garden so butterflies can sun themselves in the morning; they cannot fly until their body temperatures reaches at least 85°F.

Butterflies engage in a behavior called, “puddling.” where they stop in muddy puddles for nutrients. You can recreate this for them by filling a terra cotta saucer with garden soil and sinking it into the ground. Make sure it stays moist. Tiger swallowtails are the most common butterflies known to frequent these puddles.

What to Expect

Gardeners who attract butterflies to their garden should be prepared for caterpillar behavior. When eggs hatch, the tiny caterpillar is very hungry (yes, just like the one in the storybook, “The Very Hungry Caterpillar”). Caterpillars can easily defoliate many of their host plants in just a few days. In most cases, the plants will bounce back. If they don’t, you will need to replace them.

Species of butterflies that overwinter may do so in your garden. They prefer hiding amongst logs and tree crevices.



Pesticides

Butterflies are very sensitive to pesticides, so use less toxic pesticides if necessary. Be aware that one well-known less toxic pesticide, BT (*Bacillus thuringiensis*), kills caterpillars.

Host Plants

Host plants in this publication are divided into two groups: foliage and nectar. Each group of plants is important for butterfly growth and growth and development.

If you aren't sure where to get host plants, contact your local nursery and see if they will order them for you. Special orders often take a minimum of 6 weeks.

Weedy Garden?

Interestingly enough, some weeds are larval host plants for butterfly larva! These weeds include bermudagrass, clover, crabgrass, plantain, stinging and burning nettle, fiddle-neck, cheeseweed, and wild mustard.

Plants

Your garden will need a variety of plants that bloom at different times so butterflies will always have food. Use plants of varying heights. Smaller species of butterflies prefer to feed on low growing



plants, while larger species of butterflies prefer to feed on tall plants.

For example, monarchs and tiger swallowtails can often be seen on tall cosmos or torch flowers, while skippers and hairstreaks are seen on lantana or verbena.

Irresistible Nectar Plants

This is a list of some of the nectar plants which are irresistible to adult butterflies; some are also favored by larvae. The common name of the plant is listed first, followed by the botanical name. The term "species" means that all types of that particular plant will attract butterflies.

- Aster
Aster species
- Black-eyed Susan
Rudbeckia species
- Buckwheat
Eriogonum species
- Butterfly Bush
Buddleia species
- CA Wild Lilac
Ceanothus species
- Coreopsis
Coreopsis species
- Lantana
Lantana species
- Lavender
Lantana species
- Milkweed
Asclepias species
- Purple Coneflower
Echinacea purpurea
- Sages
Salvia species
- Yarrow
Achillea millefolium

Butterfly Plant Guide

The plants in this guide are divided into two categories. The first is "Nectar Plants for Adults" on pages 4-8. The information is further broken down by:

- Bloom seasons
- Common & Botanical Plant Names
- Plant Type
Annual (A) or Perennial (P)

- Plant Height and Width
- Plant Growing Tips

The second category is "Caterpillar Food" on pages 9-10. The information is broken down by butterfly/caterpillar, the food plant, and growing tips.

Choose plants from the following plant guide that best fit your landscape. You may already have some of the plants listed here in your garden.

The butterfly and plant list compiled here is by no means complete. See the bibliography for additional information on plants and butterflies.



Water Needs

Plant water requirements depend on if you use sprinkler or drip irrigation. Gardeners with sandy soil may need to water more often than gardeners who have clay soil. The best way to determine when to water is to dig down to a depth of at least 6-8" and see if the soil is still damp.

When watering, water your plants deeply, then let the soil dry out. Eventually you will get an idea of how often to water and won't have to dig.

To learn more, read our "Water-Wise Gardening," publication listed in the bibliography.

Kids & Butterflies

Here is a neat site for parents and teachers: <http://www.kidsbutterfly.org/>

Butterflies You Might Find in Your Garden

Photos by Ellen Zagory



Buckeye



Mylitta crescent



Common checkered skipper



Orange sulphur



Common hairstreak



Painted Lady



Gulf fritillary



Pipevine swallowtail



Monarch



Red Admiral



Mournful duskywing



Tiger swallowtail

Butterfly Plant Guide

Nectar Plants for Adults

Nearly Year Round Bloom

Common & Botanical Name	Type: Annual (A) Perennial (P)	Height and Width	Growing Tips
Alyssum <i>Lobularia maritima</i>	A	H: 2' W: 6'	Plant in full sun in fall or spring. Moderate water. Flowers are pink, purple, white or yellow. Tends to reseed itself, but not invasively. Replant each season, as flowers usually die out.
Dianthus <i>Dianthus</i> species	A	H: 12-15" W: 2'	Plant in full sun or partial shade in fall or spring. Regular water. Flowers are pink, red, white or combinations of these colors. Replant each season, as flowers tend to look ragged.
Lantana <i>Lantana</i> species	P Shrub, Ground cover	H: 2-6' W: 4-6'	Plant in full sun fall, spring or summer. Little to moderate water. Flowers are yellow, orange, red, or a combination of those colors. Also purple or pink. Many color variations exist.
Pentas or Star Clusters <i>Pentas lanceolata</i>	A	H: 2-6' W: 2-3'	Plant in full sun in spring or summer. Little to moderate water. Flowers are white, purple, red, orange and pink and star shaped. Tender perennial grown as an annual. Deadhead regularly for more blooms.
Rosemary <i>Rosmarinus officinalis</i>	P	H: 1-8' W: 2-6'	Plant in full sun in fall, spring or summer. Little water. Flowers are white, pink or blue. Growth habits vary, some are shrub-like, others "weep" and still others can be used as a ground cover. Aromatic.
Viburnum <i>Viburnum</i> species	P Shrub	H: 6-12' W: 4-10'	Plant in full sun during any season. Regular water. Flowers are small and sometimes fragrant, followed by fruit. Choose an evergreen species like <i>V. japonicum</i> .

Fall through Spring bloom

Common & Botanical Name	Type: Annual (A)	Height and Width	Growing Tips
Primrose <i>Primula</i> species	A	H: 3"-3' W: 10"-2'	Plant in full sun or partial shade in fall. Regular water. Flowers are white, pink, blue, purple, red or yellow. Primroses species come in many different plant and flower forms.
Snapdragon <i>Antirrhinum majus</i>	A	H: 6"-3' W: 6"-2'	Plant in full sun in fall. Regular water. Flowers are pink, purple, yellow, white, and red. Flower heights vary depending on species.
Sweet Pea <i>Lathyrus odoratus</i>	A	H: 0.5"-9' W: 1-9'	Plant in full sun in fall. Regular water. Flowers are pink, purple, white, and red. Growth habit can be vine or bush. Soak seeds before planting to speed up germination process, but keep soil moist.

Butterfly Plant Guide

Nectar Plants for Adults

Early Spring Bloom

Common & Botanical Name	Type: Annual (A) Perennial (P)	Height and Width	Growing Tips
Candytuft <i>Iberis sempervirens</i>	P Ground cover	H: 12-18' W: 12-24'	Plant in full sun for best blooms from early spring and summer. Needs regular water. Showy bloom in spring, blooms sporadically during summer and fall.
Chives <i>Allium schoenoprasum</i>	P	H: 6'-5'	Plant in full sun or partial shade in spring or summer. Regular water while blooming. Pink flowers.
Flowering Crabapple <i>Malus</i>	P Tree	H: 20-35' W: 18-20'	Full sun with moderate to regular water. Spectacular, short red, pink, white or purplish blooms usually appear before leaves unfurl. Small red, orange or yellow apples. Also attracts birds and bees.
Lilac <i>Syringa vulgaris</i>	P Shrub or Tree	H: 5-30' W: 5-20'	Plant in partial shade during any season. Regular water. Flowers are purple, white or pink and fragrant. Prune lightly after flowering. Can eventually reach 20 feet tall.
Wisteria <i>Wisteria</i> species	P Vine or Tree	H: 5'+ W: 5'+	Plant in full sun in any season. Water-wise vine, but needs good drainage. Deep soak, do not water until soil is dry. Fragrant purple or white flowers. Height and width dependent on support. For more details on pruning, see the Sunset Western Garden Book.
White Clover <i>Trifolium repens</i>	P Ground cover	H: 4"	Plant in full sun or partial shade in spring. Regular water. Keep contained since spreads quickly and can take over an area. Keep contained. Usually available as seed.

Spring through Summer Bloom

Common & Botanical Name	Type: Annual (A)	Height and Width	Growing Tips
Catmint <i>Nepeta x faassenii</i>	P	H: 0.5-4' W: 1-4'	Plant in full sun or partial shade in spring, summer or fall. Moderate water. Flowers are small and blue, foliage is gray. Makes a nice groundcover. Attractive to some cats.
Phlox <i>Phlox</i> species	A, P	H: 0.5-1.5' W: 1.5-3'	Plant in full sun or partial shade in spring or summer. Regular water. Flowers are pink, white, blue, purple, red, yellow, and orange.

Butterfly Plant Guide

Nectar Plants for Adults

Spring through Summer Bloom

Common & Botanical Name	Type: Annual (A) Perennial (P)	Height and Width	Growing Tips
Fleabane <i>Erigeron speciosus</i>	P	H: 1-2' W: 1.5-3'	Plant in partial shade in spring, summer or fall. Needs little to moderate water. Purple, blue, pink or white flowers. Cut back to extend bloom.
Shasta Daisy <i>Leucanthemum x superbum</i>	P	H: 2-4' W: 1-2'	Plant in full sun in spring, summer or fall. Regular water. Some types may bloom until fall.

Spring through Fall Bloom

Common & Botanical Name	Type: Annual (A) Perennial (P)	Height and Width	Growing Tips
California Buckeye <i>Aesculus californica</i>	P Tree	H: 12-40' W: 12-40'	Plant in full sun in spring. Moderate water. Flowers are white, pink or red and candelabra-like. Flowers are also fragrant. This California native tree normally drops its leaves in July, but if given enough water will hold them until fall. May need to be special ordered. Pollen and nectar poisonous to honeybees.
Cosmos <i>Cosmos species</i>	A	H: 1.5-7' W: 1.5-2.5'	Plant in full sun in spring or summer. Moderate water. Flowers are pink, white and bi-colored as well as yellowish orange. Tends to reseed itself, but not invasively.
Day Lily <i>Hemerocallis species</i>	P	H: 2-4' W: 2-3'	Plant in full sun, can take partial shade. Plant during any season. Regular water. Flowers are yellow, orange, red, and cream. Sturdy plant makes a great border addition. Perennials from tuberous roots.
Japanese Honeysuckle <i>Lonicera japonica</i> or <i>L. periclymenum</i>	P Vine	H: 4-30'	Plant in full sun or partial shade during any season. Water-wise vine. Deep soak, do not water until soil is dry. Fragrant white and yellow flowers. <i>L. japonica</i> can be invasive. Plant <i>L. periclymenum</i> if you live near native areas. Thin after bloom. Width dependent on support.
Petunia <i>Petunia species</i>	A	H: 6-18" W: 18"-4'	Plant in full sun in spring or summer. Regular water. Purple, pink, white, red, and blue flowers. Can sometimes live through fall if weather stays mild.
Yarrow <i>Achillea species</i>	P	H: 2-5' W: 1.5-3'	Plant in full sun in spring, summer or fall. Little water. Flowers are white, yellow, pink, and red. Cut back after bloom.

Butterfly Plant Guide

Nectar Plants for Adults

Summer Bloom

Common & Botanical Name	Type: Annual (A) Perennial (P)	Height and Width	Growing Tips
Agapanthus <i>Agapanthus</i> species	P	H: 1.5-5' W: 1-3'	Plant in full sun or partial shade during any season. Little water. Flowers are white, blue or purple. Divide every 6 years. Also called "Lily-of-the-Nile."
Bee Balm <i>Monarda didyma</i>	P	H: 2-5' W: 1.5'	Plant in partial shade in spring. Regular water. Flowers are red, pink or purple and fragrant. Remove spent flowers for longer bloom time.
Borage <i>Borago officinalis</i>	A	H: 2-3' W: 1.5-2'	Plant in full sun or partial shade in spring. Little water. Flowers are blue with yellow centers. Tends to reseed itself, but not invasively. Tolerates poor soil.
Buckwheat <i>Erigonum</i> species	P	H: 1.5-8' W: 3-4'	Plant this shrub in full sun. Little to moderate water. Native to most areas of the west. Tiny white or pinkish flowers growing in long-stemmed branches or clusters. Also attracts bees and birds.
Butterfly Weed/ Milkweed <i>Asclepius tuberosa</i>	P	H: 3-4' W: 2-4'	Plant in full sun in spring. Moderate water. Flowers are bright orange, red or yellow. Each year, new stems grow to form a clump. Prune in spring after danger of frost is past.
Echinacea <i>Echinacea purpurea</i>	P	H: 2-3' W: 2-3'	Plant in full sun in spring or summer. Moderate water. Flowers are purple, pink or rose with an orange-brown center cone. Flowering may continue until frost.
Lavender <i>Lavandula angustifolia</i>	P	H: 1-4' W: 1-6'	Plant in full sun during any season. Moderate water. Flowers are purple, pink or white. Blooms may repeat in fall if flowers are trimmed.
Verbena <i>Verbenaceae</i>	P	H: 1-6' W: 1.5-4'	Plant in full sun. Water needs depend on variety, but generally little to moderate water. Most are fast-growing groundcovers. Flowers are blue or purple. Thrive in hot weather.

Summer until Frost Bloom

Common & Botanical Name	Type: Annual (A) Perennial (P)	Height and Width	Growing Tips
Ageratum <i>Ageratum houstonianum</i>	A	H: 0.5-3' W: 6-18"	Plant in spring or summer in partial shade. Regular water. Flowers are blue, white, purple or pink. Most of these plants are low growing.
Aster <i>Aster</i> species	A	H: 1-4' W: 1.5-3'	Plant in full sun or partial shade in spring or summer. Regular water. Flowers are white, red, blue, pink, and purple with yellow center. There are over 600 aster species. Most live until fall.

Butterfly Plant Guide

Nectar Plants for Adults

Summer until Frost Bloom

Common & Botanical Name	Type	Height and Width	Growing Tips
Black-Eyed Susan <i>Rudbeckia hirta</i>	A	H: 3-10' W: 1.5-3'	Plant in full sun in spring. Moderate water. Flowers orange yellow with purple cone-like centers. This plant is technically a short-lived perennial, but does better as an annual. Cutting encourages rebloom late in season.
Bluebeard <i>Caryopteris</i> species	P Shrub	H: 2-4' W: 2-5'	Plant in full sun during any season. Moderate water. Flowers are blue. Cut to ground in late winter to early spring. Trim after flowering to encourage bloom.
Butterfly Bush <i>Buddleia davidii</i>	P Shrub	H: 5-15' W: 6-15'	Plant in full sun or partial shade during any season. Moderate water in well-drained soil. Flowers are white, pink or purple. Flowers are fragrant. Growth habit is a tall, multi-stemmed shrub. Prune in spring after danger of frost is past.
California Fuchsia <i>Zauschneria californica</i>	P Ground cover	H: 6"-4' W: 3-4'	Plant in full sun during any season. Little water. Flowers are tube like and red. Also attract hummingbirds. California native. After first year of growth, prune back in late fall or winter.
Chaste Tree <i>Vitex agnus-castus</i>	P Tree	H: 25' W: 25'	Plant in full sun during any season. Regular water. Flowers are purple and fragrant. Prune in early spring.
Coreopsis <i>Coreopsis</i> species	A, P	H: 1.5-2' W: 1-2'	Plant in full sun in spring or summer. Little water. Flowers are yellow, orange, red or bi-colored. Tends to reseed itself but not invasively. Drought tolerant once established.
Glossy Abelia <i>Abelia x grandiflora</i>	P Shrub	H: 3-8' W: 3-5'	Plant in full sun or partial shade during any season. Regular water. Flowers are small and white. This plant is evergreen. Prune stems selectively to the ground in winter/early spring.
Heliotrope <i>Heliotropium arborescens</i>	A	H: 1.5-4' W: 1.5-2'	Plant in partial shade in spring or summer. Regular water. Perennial plant usually grown as an annual. Flowers are purple or white and very fragrant. They may live through winter if protected. All parts are poisonous.
Torch Lily <i>Kniphofia</i>	P	H: 2-6' W: 2-3'	Plant in early spring or fall in full sun or partial shade. Moderate to regular water. The flowering stems look like glowing torches, rising above grass-like foliage.
Mexican Sunflower <i>Tithonia rotundifolia</i>	A	H: 2-6' W: 4'	Plant in full sun in spring (usually available as seed only). Regular water. Flowers are bright orange and also attractive to hummingbirds. Makes a good temporary hedge to protect butterflies. Tolerates intense heat.

Butterfly Plant Guide

Caterpillar Food

Butterfly	Flight Period	Plant	Growing Tips
Buckeye	Mar—Dec	Snapdragon <i>Antirrhinum</i> species	Full sun, regular water. Sow seeds from late summer to early spring for later transplanting or buy plants at nursery, setting out in early fall or spring. If planted in fall and reach bud stage before night temps drop below 50 degrees (F) they will start blooming in winter, continuing until weather gets hot.
Cabbage White	Jan—Dec	Broccoli and especially cabbage	Plant in late summer from seed, or early fall from 6 packs available at nurseries. Plant enough for yourself and these voracious caterpillars! This butterfly can be considered a pest.
Cloudless Sulphur	June—Nov	Clover Alfalfa	Purchase clover as seed. Alfalfa may be available at a farm supply store. Keep soil moist until seeds sprout and become established. Both are perennials and are evergreen throughout the year.
Common Checkered Skipper	May—Nov	Mallow <i>Malvaceae</i>	Full sun, regular water in well-draining soil. Easy to grow from seed, usually bloom the first year, with pink or white flowers from summer to fall. Is a short-lived perennial.
Common Hairstreak	Feb—Nov	Lotus <i>Lotus</i>	A trailing perennial, needing full sun, regular water. Flowers come in shades of yellow and red. (Note: these are not the water plants with common name “lotus”).
Gulf Fritillary	Jan—Dec	Passion Vine <i>Passiflora</i>	These vines can be evergreen, semievergreen, or deciduous. Full sun or partial shade, requiring moderate to regular water. Plants bloom during warm weather. Many species produce edible fruit.
Monarch	Jan—Mar Sept—Nov	Milkweed plants <i>Asclepias</i> species	Plant in full sun in spring. Moderate water. Over 150 species of milkweed plants exist, many native to North and South America. <i>A. tuberosa</i> , which has orange, star-shaped flowers (butterfly weed) is often sold at nurseries. Other species may be found online from ButterflyEncounters.com .
Mourningcloak	Jan—Dec	Hackberry <i>Celtis</i> species	Plant in full sun or partial shade during any season. Moderate water. Roots are well-behaved, so trees can be grown near pavement.
		Poplar and Cottonwood <i>Populus</i> species	Plant in full sun during any season. Regular water. Fast growing trees with aggressive roots that compete with pavement and other plants as well as sewer lines. Attractive fall color. <i>S. fremontii</i> is native to California.
Mournful Duskywing	Mar—Oct	Oaks <i>Quercus</i>	Plant in fall in full sun. Once established (about 2 years) need little water, though appreciate occasional water during hot summers. Avoid watering close to tree trunk.

Butterfly Plant Guide

Caterpillar Food

Butterfly	Flight Period	Plant	Growing Tips
Painted Lady	Dec—Jan	Borage <i>Borago officinalis</i>	Plant in full sun or partial shade in spring. Little water. Flowers are blue with yellow centers. Annual plant tends to reseed itself, but not invasively.
		Thistle, Cheeseweed, Nettle, Fiddleneck	These plants are weeds that can be found in vacant lots and sometimes gardens. It's doubtful you will be able to find a seed source unless you can harvest it from a plant.
Pipevine Swallowtail	Feb—Nov	California Pipevine <i>Aristolochia californica</i>	Vigorous, twining vines with cream-colored blooms with purple veins. Flowers appear in late winter/early spring prior to leaves emerging. Plant in partial shade and provide regular water.
Red Admiral	Mar—Apr Oct—Nov	Baby's Tears <i>Soleirolia soleirolii</i>	Plant in partial shade during any season. Regular water. This perennial groundcover roots easily and can be invasive in wet areas. Cannot be walked on without damaging plant.
		Lilac <i>Syringa</i> species	Light shade with regular water. Medium to large shrubs with showy, fragrant flower clusters. Generally blooms from early spring to early summer.
Western Tiger Swallowtail	Jan—Sept	Alder <i>Alnus</i> species	Plant in full sun or partial shade during any season. Regular water. Fast growing tree tolerates wet soil. Height varies by species, but in general are at least 45' tall or taller.
		Ash <i>Fraxinus</i> species	Plant in full sun during any season. Water needs vary by species. Most have trouble with aphids, which leads to a sticky honeydew that drips on sidewalk and cars.
		Poplar and Cottonwood <i>Populus</i> species	Plant in full sun during any season. Regular water. Fast growing trees with aggressive roots that compete with pavement and other plants as well as sewer lines. Attractive fall color. <i>S. fremontii</i> is native to California.
		Flowering Cherry Tree <i>Prunus</i> species	A wide variety to choose from including standard upright,weepers, spreaders and columnar with white, pink, or purplish-pink flowers in the spring. Height and width vary from 10 ft.—60 ft.
		Willow <i>Salix</i> species	Plant in full sun during any season. Regular water. Most have invasive root systems that are difficult to garden under. All need regular water. <i>S. discolor</i> is native to eastern U.S.

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