

# Nectar Plants for Butterflies

## EARLY BLOOMING PLANTS

### Perennials

Bearberry (*Arctostaphylos uva-ursi*)  
Beardtongue (*Penstemon digitalis*)  
Clover (*Trifolium* spp.)  
Creeping Phlox (*Phlox subulata*)  
Daffodil (*Narcissus*)  
Dandelion (*Taraxacum officinale*)  
Forget-me-not (*Myosotis sylvatica*)  
Grape Hyacinth (*Muscari*)  
Hosta  
Red Columbine (*Aquilegia canadensis*)  
Rock Cress (*Arabis*)  
Veronica spp.  
Violet (*Viola*)  
Virginia bluebells (*Mertensia virginica*)

### Shrubs

Chokeberry (*Aronia* spp.)  
Glossy Abelia (*A. grandifolia*)  
Lilac (*Syringa vulgaris*)  
New Jersey Tea (*Ceanothus americanus*)  
Rhododendron spp.  
Shadblow Serviceberry (*Amelanchier canadensis*)  
Spicebush (*Lindera benzoin*)  
Sumac, Fragrant/Shining (*Rhus aromatica*, *Rhus c.*)

### Trees

Cherry, Plum (*Prunus* spp.)  
Cottoneaster (*C. dammeri*)  
Dogwood (*Cornus florida*)  
Eastern Redbud (*Cercis canadensis*)  
Fothergilla  
Fringe Tree (*Chionanthus virginicus*)  
Hawthorn (*Crataegus*)  
Mock Orange (*Philadelphus*)  
Mountain Ash (*Sorbus*)  
Oak (*Quercus* spp.)  
Sassafras (*Sassafras albidum*)  
Tulip tree (*Linodendron tulipifera*)  
Willow (*Salix* spp.)

## MIDSEASON BLOOMING PLANTS

### Perennials

Beebalm (*Monarda didyma*)  
Bellflower (*Campanula*)  
Black-eyed Susan (*Rudbeckia* spp.)  
Blanket Flower (*Gaillardia aristata*)  
Blue Sundial Lupine (*Lupinus perennis*)  
Butterfly Weed (*Asclepias tuberosa*)  
Candytuft (*Iberis*)  
Cardinal Flower (*Lobelia cardinalis*)  
Catmint (*Nepeta*)  
Cinquefoil (*Potentilla* spp.)  
Clematis vine spp.  
Coreopsis spp.  
Daisy (*Chrysanthemum* spp.)  
Daylily (*Hemerocallis* spp.)  
Delphinium  
Dianthus  
Dogbane (*Apocynum*)  
Field Pussytoes (*Antennaria neglecta*)  
Globe Thistle (*Echinops exaltatus*)  
Grape vine (*Vitis* spp.)  
Hollyhock (*Alcea rosea*)  
Honeysuckle Vine (*Lonicera* spp.)  
Hibiscus  
Lamb's-quarters (*Chenopodium*)  
Lavender (*Lavendula angustifolia*)  
Liatris Blazing Star (*Liatris* spp.)  
Lobelia, Blue or White (*Lobelia siphilitica*)  
Maltese Cross (*Lychinis*)  
Milkweed (*Asclepias incarnata* or *seriaca*)  
Mountain Mint (*Pycnanthemum* spp.)  
Obedient Plant (*Physostegia virginiana*)  
Pearly Everlasting (*Anaphalis margaritacea*)  
Phlox spp.  
Primrose/Sundrops (*Oenothera* spp.)  
Purple Cone Flower (*Euhinacea purpurea*)  
Queen Anne's Lace (*Daucus carota*)  
Stokes Aster (*Stokesia*)  
Sunflower (*Helianthus* spp.)  
Thistle (*Cirsium* spp.)  
Turtlehead (*Chelone glabra*)  
Vetch (*Vicia* spp.)  
Wild Bergamot (*Monarda fistulosa*)  
Wild False Foxglove (*Aureolaria* spp.)  
Yarrow (*Achillea millefolium*)

## MIDSEASON BLOOMING PLANTS (cont.)

### Shrubs, Trees, Grasses

Butterfly Bush (*Buddleia davidii*, *B. alternifolia*)  
Button Bush (*Cephalanthus occidentalis*)  
Eastern Red-cedar (*Juniperus virginiana*)  
Elderberry (*Sambucus* spp.)  
Hydrangea spp.  
Meadowsweet (*Spirea alba*, *S. latifolia*)  
Purpletop Grass (*Tridens flavus*)  
Switchgrass (*Panicum virgatum*)  
Viburnum spp.  
Winterberry (*Ilex verticillata*)

## LATE BLOOMING PLANTS

### Perennials

Asters (*Aster* spp., especially *A. novae-angliae*)  
Beggar ticks (*Bidens aurea*)  
Boneset (*Eupatorium perfoliatum*)  
Goldenrod (*Solidago* spp.)  
Joe-Pye Weed (*Eupatorium* spp.)  
New York Ironweed (*Vernonia noveboracensis*)  
Sedum (*Sedum spectabile*)  
Sneezeweed (*Helenium autumnale*)  
Thousand Flower Aster (*Boltonia asteroides*)

## ANNUALS

Ageratum (*A. houstonianum*)  
Alpine Speedwell (*Veronica allionii*)  
Calibrachoa  
Celosia  
Cleome  
Cosmos  
Dahlia  
Forget-me-not (*Myosotis sylvatica*)  
Hollyhock (*Alcea rosea*)  
Impatiens  
Heliotrope arborescens  
Lantana camara  
Linaria  
Marigold  
Mexican Sunflower (*Tithonia rotundifolia*)  
Petunia  
Pincushion flower (*Scabiosa atropurpurea*)  
Red-Hot Poker (*Kniphofia*)  
Salvia  
Snapdragon (*Antirrhinum*)  
Statice (*Limonium sinuatum*)  
Sunflower (*Helianthus annuus*)  
Verbena  
Wild False Foxglove (*Aureolaria*)  
Zinnia