

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