

Top 20 Native Butterfly Host & Nectar Plants

for the Eugene-Springfield Garden

(Lane County, Oregon; April 2010)

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>Symphotrichum 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 oreganum</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	<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 nectar plants for adults, native host plants for their caterpillars.
2. Plant many large patches of these plants in the same area if possible.
3. Provide sunny areas for basking, and for the sun-loving plants that butterflies (and native bees!) love.
4. Provide water, if possible.
5. Avoid planting exotic plants which may harm butterflies, or someday may become invasive.
6. Talk about butterflies and their habitat needs with your neighbors!

HAVE FUN!!