

Butterfly Gardening

By: Sherry Fuller, Horticulturist

the
GARDENS
on Spring Creek



- Butterflies prefer sunny areas – they can see better there and there are fewer spiders.
- Don't use pesticides – they kill butterflies and their larvae. Systemic insecticides make even the nectar toxic.
- Provide rocks for sunbathing and wet sand for puddlers.
- Butterflies prefer areas that aren't too windy.
- When you find caterpillars on plants, don't kill them. These turn into butterflies!

BUTTERFLY NECTAR PLANTS

Achillea spp., Yarrow #

Asclepias syriaca, Common Milkweed*#

Asclepias tuberosa, Butterfly Weed*

Buddleia davidii, Butterfly Bush *

Centranthus ruber, Jupiter's Beard

Chrysothamnus spp., Rabbitbrush*#

Cleome serrulata, Rocky Mountain Bee Plant*#

Cosmos bipinnatus, Cosmos

Eupatorium spp., Joe Pye Weed*

Gaillardia spp., Gaillardia #

Lantana camara, Lantana

Liatris spp., Gayfeather #

Mentha spp., Mints

Monarda didyma, Beebalm

Origanum vulgare, Oregano*

Phlox paniculata, Garden Phlox

Rudbeckia spp., Black-eyed Susan

Sedum spectabile, Showy Stonecrop

Solidago spp., Goldenrod*#

Tagetes spp., Marigold*

Thistles #

Tithonia spp., Mexican Sunflower

Verbena spp., Verbena

Zinnia spp., Zinnia

* Denotes favorites

Denotes native plants

Monarch butterfly populations are rapidly declining. Consider planting a patch of common milkweed, their preferred larval food source, in your yard. It can sucker and be somewhat invasive, so you may want to find an out-of-the-way location to grow it.

