

Nectar and Host Forbs for Lepidoptera



<u>Common Name (Annual)</u>	<u>Scientific Name</u>	<u>Flower Color</u>	<u>Nectar</u>	<u>Host</u>
American marigold	Tagetes erecta	Yellow	N	H
American vetch	Vicia	Purple	N	H
Anise hyssop	Hyssopus officinalis	Purple	N	
Autumn joy sedum	Hylotelephium telephium	Pink	N	H
Black-eyed susan	Rudbeckia hirta	Yellow	N	
Blanketflower	Gaillardia aristata	Yellow/orange/red	N	H
Bottle gentian	Gentiana andrewsii	Blue	N	
Butterfly weed	Asclepias tuberosa	orange	N	
Calendula	Calendula officinalis	Yellow	N	
Common boneset	Eupatorium perfoliatum	White	N	
Common evening primrose	Oenothera biennis	Yellow	N	
Common milkweed	Asclepias syriaca	Pink	N	H
Dill	Anethum graveolens	Yellow		H
Eastern purple coneflower	Echinacea purpurea	Pink	N	H
Silver pussytoes	Antennaria argentea	White		H
Field thistle	Cirsium discolor	Pink/purple	N	H
Flowering tobacco	Nicotiana glauca	Pink-red-white varieties	N	
Fireweed	Epilobium angustifolium	Pink/purple	N	
Golden alexander	Zizia aurea	Yellow	N	H
Hoary vervain	Verbena stricta	Purple	N	H
Hollyhock	Alcea rosea	Pink-red-white varieties	N	
Lance leaved goldenrod	Euthamia graminifolia	Yellow	N	
Maximilian sunflower	Helianthus maximiliana	Yellow	N	H
Meadow blazing star	Liatris ligulistylis	Purple	N	
Mexican sunflower	Tithonia rotundifolia	Yellow	N	
Milkweeds	Genus: Asclepias	Pink/purple/orange	N	H
Mountain mint	Pycnanthemum virginianum	White/purple	N	
Nasturtium	Tropaeolum majus	Orange/red	N	H
New England aster	Symphotrichum novae-angliae	Pink/purple	N	H
Parsley	Petroselinum crispum	Green		H
Petunia	Petunia hybrida	Pink/purple	N	
Purple coneflower	Echinacea purpurea	Pink/purple	N	
Rough blazing star	Liatris aspera	Purple	N	
Sawtooth sunflower	Helianthus grosseserratus	Yellow	N	
Show sunflower	Helianthus laetiflorus	Yellow	N	
Showy goldenrod	Solidago speciose	Yellow	N	
Smooth oxeye	Heliopsis helianthoides	Yellow	N	
Spotted bee balm	Monarda punctata	White/pink/yellow	N	
Spotted joe pye weed	Eutrochium maculatum	Pink	N	
Stiff goldenrod	Oligoneuron rigidum	Yellow	N	
Swamp thistle	Cirsium muticum	Pink/purple	N	H
Tickseed Sunflower	Bidens aristosa	Yellow	N	
Verbena	Verbena spp.	Purple	N	
Violets	Viola spp.	Purple	N	H
Wild bergamot	Monarda fistulosa	Purple	N	
Wild lupine	Lupinus perennis	Blue	N	H
Zinnia	Zinnia elegans	Pink-yellow varieties	N	

Trees and Shrubs for Lepidoptera



<u>Shrub/Tree Common Name</u>	<u>Scientific Name</u>	<u>Host for Lepidoptera Family(s)</u>	<u>Shrub or Tree</u>
American Basswood	Tilia Americana		T
Birch	Betula spp.	Papilionidae	T
Black cherry	Prunus serotina	Papilionidae	T
Black willow	Salix nigra	Nymphalidae, Lycaenidae, Riodinidae, Papilioinidae,	T
Broadleaf meadowsweet	Spiraea latifolia	Saturniidae Lycaenidae	S
Buttonbush	Cephalanthus occidentalis	Sphingidae, Saturniidae, Tortricidae	S
Common lilac	Syringa vulgaris	Papilionidae	S
Cockspur hawthorn	Crataegus crus-galli	Lycaenidae, Riodinidae, Nymphalidae	S
Cranberry	Vaccinium oxycoccos	Lycaenidae	S
Currants	Ribes	Lycaenidae	S
Downy hawthorn	Crataegus mollis	Lycaenidae, Riodinidae	T
Dutchman's pipe	Aristolochia macrophylla	Papilionidae	S
Eastern redbud	Cercis canadensis	Lycaenidae	T
Ohio buckeye	Aesculus glabra	Nymphalidae	T
Gray dogwood	Cornus racemosa	Lycaenidae,	S
Hackberry	Cornus racemosa	Nymphalidae, Lycaenidae	T
Aspen	Populus tremuloides	Nymphalidae, Saturniidae	T
Honey Locust	Gleditsia triacanthos		T
Laurel willow	Salix pentandra	Nymphalidae, Saturniidae	T
Leadplant	Amorpha canescens		S
Lilac	Syringa vulgaris		S
Meadowsweet	Filipendula ulmaria		S
Nannyberry	Viburnum lentago		S
Ninebark	Physocarpus opulifolius		S
Oaks	Genus: Beech	Lycaenidae, Hesperidae, Saturniidae	T
Poplar	Genus: Populus		T
Prickly ash	Zanthoxylum americanum	Papilionidae	T
American pussy willow	Salix discolor	Saturniidae, Papilionidae, Nymphalidae	S
Red maple	Acer rubrum		T
Red osier dogwood	Cornus sericea	Lycaenidae	S
Downy serviceberry	Amelanchier arborea	Lycaenidae	T
Silky dogwood	Cornus amomum		S
Smooth sumac	Rhus glabra		S
Snowberry	Symphoricarpos		S
Spicebush	Lindera benzoin	Papilionidae	S
Stagehorn sumac	Rhus typhina		S
Stone fruits: plum, apple, cherry, peach, apricot	Genus: Prunus	Nymphalidae, Papilionidae, Lycaenidae, Pieridae,	T
Sugar maple	Acer saccharum	Nymphalidae	T
Flowering ash	Fraxinus ornus	Papilionidae	T
Weigela	Genus: Weigela		S
Wild blackberry	Rubus fruticosus		S
Wolfberry	Symphoricarpos occidentalis		S

Remember to source plants and trees that have NOT been treated with pesticides. Pesticides harm butterflies, moths, pollinators and other non-target beneficial insects.