

PLANTS THAT ATTRACT BUTTERFLIES

HOW TO GROW YOUR OWN BUTTERFLY GARDEN



Butterflies and flowers were made for each other, and there are certain flowers that butterflies absolutely love to be around. As a French poet once pointed out, “butterflies are flying flowers, and flowers are tethered butterflies.” Here are some of the best plants that attract butterflies!

In attracting butterflies to your garden, it’s important to understand what they want most out of life: nectar. The ancients, who believed that nectar fell directly from heaven, named it after the wines of the gods.



KEEPING YOUR

GARDEN BUTTERFLY-FRIENDLY

If you want to *keep* butterflies in your yard (and support these declining pollinators), it’s essential to include host plants where they can lay their eggs (some butterfly species are fussier than others as to what plants are best); once the

larvae hatch, the host plants will serve as food for the developing caterpillars. To encourage butterflies to reside in your garden, it's best to include food sources in the form of host plants for caterpillars and nectar plants for butterflies.

A butterfly's wish list also includes sunny open spaces, shelter from the wind, and fresh water.



A monarch caterpillar feasting on milkweed.

PLANTS THAT

ATTRACT BUTTERFLIES

For caterpillars, consider plants like violets, milkweed, and asters. For butterflies, Joe-Pye weed, ironweed, yellow coneflowers, goldenrod, and brightly-hued asters are nectar-filled favorites. See our full butterfly plant list below.

Common Name	Latin Name
Allium	<i>Allium</i>

Aromatic Aster (http://www.almanac.com/plant/aster)	<i>Symphotrichum oblongifolium</i>
Bee balm	<i>Monarda</i>
Black Cherry	<i>Prunus serotina</i>
Blue Wild Indigo	<i>Baptisia australis</i>
Blueberry bushes	<i>Vaccinium corymbosum</i> , <i>Vaccinium angustifolium</i>
Buttonbush	<i>Cephalanthus occidentalis</i>
Butterfly bush *	<i>Buddleia</i>
Catmint	<i>Nepeta</i>
Clove Pink	<i>Dianthus</i>
Cornflower	<i>Centaurea</i>
Daylily	<i>Hemerocallis</i>
False indigo	<i>Baptisia</i>
Fleabane	<i>Erigeron</i>
Floss flower	<i>Ageratum</i>
Globe thistle	<i>Echinops</i>
Goldenrod	<i>Solidago</i>
Grey Dogwood	<i>Cornus racemosa</i>
Helen's flower	<i>Helenium</i>
Hollyhock	<i>Alcea</i>
Hoptree	<i>Ptelea trifoliata</i>
Joe-Pye weeds	<i>Eupatoriadelphus fistulosus</i> , <i>Eupatoriadelphus maculatus</i> , <i>Eupatorium purpureum</i>
Lavender	<i>Lavendula</i>
Lilac	<i>Syringa</i>

Lupine	<i>Lupinus</i>
Lychnis	<i>Lychnis</i>
Mallow	<i>Malva</i>
<u>Milkweed</u>	<i>Asclepias tuberosa</i>
<u>Mint</u>	<i>Mentha</i>
New York Ironweed	<i>Vernonia noveboracensis</i>
Ninebark	<i>Physocarpus opulifolius</i>
Northern Spicebush	<i>Lindera benzoin</i>
<u>Pansy</u>	<i>Viola</i>
<u>Phlox</u>	<i>Phlox</i>
Pipevine	<i>Aristolochia macrophylla</i>
Privet	<i>Ligustrum</i>
<u>Purple coneflower</u>	<i>Echinacea</i>
Rock cress	<i>Arabis</i>
<u>Sage</u>	<i>Salvia</i>
Sea holly	<i>Eryngium</i>
Senna, American	<i>Senna hebecarpa</i>
Senna, Maryland	<i>Senna marilandica</i>
<u>Shasta daisy</u>	<i>Chrysanthemum</i>
Snapdragon	<i>Antirrhinum</i>
<u>Stonecrop</u>	<i>Sedum</i>
Sweet alyssum	<i>Lobularia</i>
Sweet rocket	<i>Hesperis</i>
Tickseed	<i>Coreopsis</i>
Tuliptree	<i>Liriodendron tulipifera</i>

Trumpet Vine

Campsis radicans

[Zinnia](#)

Zinnia

** now categorized as an invasive plant in many states.*

Please let us know if we're missing any of your favorite butterfly plants! Just comment below.

For more plant recommendations, see [Plants that Attract Hummingbirds](#) and [Easy Ways to Attract Bees to Your Garden](#). Plus, check out [Native Bees: The Best Pollinators for Your Garden!](#)

Adapted from an article in The Old Farmer's Almanac Book of Garden Wisdom

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