

## LIST I. SOME RECOMMENDED NECTAR PLANTS FOR BUTTERFLIES

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*	<b>California native</b>	sp	spring bloomer	dt	drought tolerant
az	Arizona native	sm	summer bloomer	nh	nectar & host plant
sw	S. West U.S. native	f	fall bloomer	hb	attracts hummingbirds & butterflies
us	U.S. native	#	blooms most of year	w	winter bloomer

- Apricot (Globe) Mallow, *Sphaeralcea ambigua***\* dt hb Ja  
**Angelita Daisy, *Tetraneuris acaulis*** # dt sw
- Aster species**  
**California Aster, *Aster chilensis***\* sm-w dt  
**Western Aster, *Aster occidentalis***\*  
 Black-eyed Susan, *Rudbeckia* species sm  
**Bladderpod, *Isomeris arborea*** \* # nh hb dt  
 Blanket Flower, *Gaillardia* species sm dt  
 Indian Blanket Flower *G. pulchella* #  
**Brittlebush, *Encelia farinosa*** \* # w sp dt  
**Buckwheat, *Eriogonum* species** nh dt hb  
**California Buckwheat, *E. fasciculatum*** \* #  
**Red Buckwheat, *E. grande rubescens*** \* #  
**St. Catherine's Lace, *E. giganteum*** \*  
 Butterfly Bush, *Buddleia* species sm hb  
 Butterfly Bush, *B. davidii* sm  
 Sagewood, *B. salviifolia* w  
 White Butterfly Bush, *B. asiatica* w  
 Woolly Butterfly Bush, *B. marrubifolia* az  
**California Four O'clock, *Mirabilis laevis*** \* w-sm dt  
**California (Wild) Lilac, *Ceanothus* species**  
**Ceanothus 'Concha'** \* dt sp-sm  
**Ceanothus 'Dark Star'**\* dt sp-sm  
**California Sea Lavender,**  
*Limonium californicum* \* w sp dt  
**California Sunflower, *Encelia californica*** \* dt  
 Cape Plumbago, *Plumbago auriculata* # nh  
**Chuparosa, *Justicia californica***\*  
 Coneflower, *Echinacea* species. sm  
 Coral Vine, *Antigonon leptopus* nh  
**Coreopsis, *Coreopsis* species.**  
**Bigelow Coreopsis, *C. bigelovii*** \*  
**Garden Coreopsis, *C. lanceolata*** \*  
**Deerweed, *Lotus scoparius*** \* w sp # nh dt  
**False Indigo, *Amorpha fruticosa*** \* hb nh, lower elev.  
*A. californica* \* hb nh, higher elevations  
 Gold Coin, *Asteriscus maritimus* #  
 Golden Crownbeard, *Verbesina encelioides* dt  
**Goldenrod, *Solidago* species**  
**California Goldenrod, *S. californica*** \* dt  
**Heliotrope, *Heliotropium* species**\*  
 Hollyhock, *Alcea rosea* sm  
**Chaparral Honeysuckle, *Lonicera subspicata***\* hb  
 Indigo Bush, *Dalea pulchra* # nh dt az
- Jade Plant, *Crassula ovata* w  
 Lantana, *Lantana* species # hb  
 Lavender, *Lavandula* species  
 English Lavender *L. angustifolia* sm  
 Fern Lavender, *L. multifida* #  
 French Lavender, *L. dentata* #  
 Spanish Lavender *L. stoechas* sm  
 Sweet Lavender *L. heterophylla* #
- Marigold, *Tagetes* species** \*  
**Mountain Marigold, *T. lemmoni*** \* w sp  
 Milkweed, *Asclepias* species nh  
 Blood Flower Milkweed, *A. curassavica* sp-f  
**Narrow-leaf Milkweed, *A. fascicularis*** \* dt sm  
**Rush Milkweed, *A. subulata*** \* dt sp-f  
**Showy Milkweed, *A. speciosa*** \* dt sm-f  
 Swan Plant Milkweed, *A. fruticosa*
- Mints, *Mentha* species hb  
**Parish Goldeneye, *Viguiera deltoidea*** \* dt  
**Penstemon *Penstemon* spp.** \* hb  
 Pentas (Star Flower), *Pentas lanceolata* # hb  
 Pincushion Flower, *Scabiosa* species #  
*Scabiosa* 'Blue Giant'
- Prince's Plume, *Stanleya pinnata*** \* nh dt  
 Poinsettia, *Euphorbia pulcherrima* w  
 Red Valerian, *Centranthus ruber* w sp  
 Rosemary, *Rosmarinus officinalis* w sp  
 Sages, *Salvia* species  
**Black Sage, *S. mellifera*** \* w sp dt hb  
**Cleveland Sage, *S. clevelandii*** \* sp dt hb  
**White Sage, *S. apiana*** \* sm dt hb  
 Mexican Bush Sage, *S. leucantha* w sp sm  
 Strawberry Tree, *Arbutus unedo*
- Sunflower *Helianthus* species**  
**Slender Sunflower, *H. gracilentus*** \* w sp hb  
**Wild Sunflower, *H. annuus*** \* hb #  
**Thistles, *Cirsium* species**\*(many\*) nh  
**California Thistle, *C. californicum***\*  
**Mohave Thistle, *C. mohavense***\*  
 Trailing Indigo Bush, *Dalea greggii* # nh hb dt sw  
 Tree Sedum, *Sedum dendroideum* dt  
 Verbena, *Verbena* species sm  
**Wishbone Bush, *Mirabilis laevis*,** \* # dt  
**Yarrow, *Achillea millefolium*** \* sp-f dt hb

## COMMON BUTTERFLIES & THEIR HOST PLANTS



**Cloudless Sulfur**, *Phoebus sennae*: Wing span (WS) ~2 ½". Bright yellow,  
Host plant: *Cassia* (Senna), native & non-native. Popcorn Plant, *Cassia didymobotrya*, a non native.

**Gulf Fritillary**, *Agraulis vanillae*: ). WS ~2 ½". Overwinters as adult.  
Orange upper wings (dorsal), large silver spots underneath (ventral)  
Host plant: Passion Vine, *Passiflora* species . Many varieties e.g. *P.* "Coral Glow", *P.* "Blue Horizon".  
Note: not all Passion Vines are host plants for Gulf Fritillary

**Monarch**, *Danaus plexippus*: WS ~3 ½"- 4". Overwinters as adult.  
Large orange BF with black vein markings & black border with double row white dots. Host plant: Milk Weeds, *Asclepias* species.  
Some are native. Milk Weeds are both nectar & host plants.

**Giant Swallowtail**, *Papilio cresphontes*: . WS ~ 5 ½". Overwinters as pupa.  
Largest BF in North America. Many broods.  
Dark dorsally with yellow horizontal band. Ventrally, cream-colored with black veins.  
Host plant: Citrus.

**Western Tiger Swallowtail**, *Papilio rutulus*: . WS ~ 4". Overwinters as pupa.  
Large, bright yellow BF with 'tiger-striped' bands  
Host plants: many trees e.g. Willow, Poplar, Sycamore, Aspen.

**Gray Hairstreak**, *Strymon melinus*: . WS ~ 1 ¼". Overwinters as pupa.  
Common, small gray with orange patch near hind wing. Host plants: many families (20)  
e.g. Alfalfa, Clover, Mallow, Buckwheat.

**Marine Blue**, *Leptotes marina*: WS ~1". Overwinters as adult  
Very abundant, small BF..  
Dorsal wings purplish-blue, ventral pale brown with "zebra-striped" bands.  
Host plants: many e.g. Plumbago, Deer weed, Locoweed, Trailing Indigo Bush.

**Fiery Skipper**, *Hylephila phyleus*: WS ~1 ¼". Overwinters as larva or pupa  
Common Small, fiery orange color..  
Host plants: Native & Non-native Grasses

**Umber Skipper**, *Poanes melane*: WS ~ 1 ¼". (Overwinters as ?)  
Small umber brown.  
Host plants: Native & non-native grasses

**Painted Lady**, *Vanessa cardui*: WS ~ 2 ½". Overwinters as adult or migrates.  
Most widespread BF in the world.  
Dorsal orange with many dark markings. Ventral hind wing 5 prominent eyespots.  
Host plants: many e.g. Buckwheat, Desert Lavender, Sunflowers, Thistles, Lupine.

**Common Buckeye**, *Junonia coenia*: WS ~ 2 ½". Overwinters as adult.  
Brown with prominent eyespots.  
Host plants: Monkey Flower, Plantain, Snapdragon.

**California Dogface**, *Colias (Zerene) eurydice*: WS ~ 2 ½". Overwinter as adult.  
STATE INSECT. Only occurs in California,  
When the wings are closed males & females appear yellow. But when the wings are open the male  
has the profile of a dog's head on the fore wings. Host plant False Indigo Bush.

**Cabbage White**, *Pieris rapae*: Medium sized BF , WS 1-1 ½". Overwinters as a pupa.  
BFs are almost white. Male has one black spot on the forwing, the female has two.  
Host plants many such as wild radish mustard & nasturtium. It is not a native butterfly.

**Sleepy Orange**, *Eurema nicippe*: WS ~ 1 ½ -2". Overwinters as adult.  
Bright orange color with fine black dots on wing margins. Smaller than Cloudless Sulfur & flight more  
erratic & faster. Host plants are Senna (Cassia), like the Cloudless Sulfur, & also clover.