

CATERPILLAR FOOD

Butterfly or Moth Species	Caterpillar Food Plant
American Lady Butterfly	Pearly Everlasting, Ironweed, pussytoes and Wormwood
Arctic Skipper Butterfly	Grasses
Black Swallowtail Butterfly	Plants of the parsley family, such as Queen Anne's Lace, Carrot, Parsley, Dill and Celery
Canadian Tiger Swallowtail Butterfly	Mainly willows, poplars, cherries and ashes
Garden Tiger Moth	Grasses, plantains, Dandelion, Stinging Nettle and brambles
Hummingbird Clearwing Moth	<i>Viburnums</i> , honeysuckles and snowberries; plants in the Rose family such as hawthorns, cherries and plums
Isabella Tiger Moth	Many plants including Dandelion, plantains, sunflowers, clovers, birches and maples
Luna moth	Trees including walnuts, hickories and sumacs
Milbert's Tortoiseshell Butterfly	Stinging Nettle
Monarch Butterfly	Plants in the milkweed family including Common Milkweed, Swamp Milkweed, Butterfly Weed, Showy Milkweed, Green Milkweed and Oval-leafed Milkweed
Mourning Cloak Butterfly	Trees such as willows, elms, cottonwoods and hackberries
Northern Pearly Eye Butterfly	Grasses
Painted Lady Butterfly	A variety of plants including thistles, sunflowers, Wormwood, Yarrow and Hollyhock
Polyphemus Moth	Several trees and shrubs including oaks, maples, birches, poplars, cherries and ashes
Red Admiral Butterfly	Stinging Nettle and Wood Nettle
Viceroy Butterfly	Mainly willows and poplars
White Admiral Butterfly	Willows, aspens and poplars with southern subspecies using cherries, hawthorns, serviceberries, birches and oaks

NECTAR-RICH BLOOMS

Season of Bloom	Nectar Plants
Spring	Cherries, crabapples, Eastern Redbud, flowering currants, hawthorns, lilacs, Wild Plum, wild strawberries and Dandelion
Spring - Summer	Bleeding hearts, coreopsis, dogwoods, Golden Alexander, lupines, New Jersey Tea, phlox and <i>Virburnums</i>
Summer	Bergamot, Bee Balm, Buttonbush, coneflowers, milkweeds, potentillas, Purple Prairie Clover and White Snakeroot
Summer - Fall	Asters, Black-eyed Susan, blazing stars, vervains, False Sunflower, goldenrods, Ironweed, Jewelweed, Joe-pye weeds, phlox, <i>Silphiums</i> , sunflowers, thistles, Yarrow and sedums

Find out more about attracting butterflies and other wildlife to your backyard by visiting CanadianWildlifeFederation.ca/Gardening.



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Credits

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