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Butterfly Nectar Plants

As the name suggests, these plants are the ones that attract mature butterflies to feed on nectar, which is their primary source of food in this last stage of their life.

Abelia	Dianthus	Penstemon
Agastache	Esperanza	Pentas
Aster	Firebush	Phlox
Autumn Sage (<i>Salvia Greggii</i>)	Gaillardia	Pincushion Flower
Bee Balm (<i>Monarda</i>)	Gayfeather	Rudbeckia
Black-eyed Susan	Gomphrena	Sages & Salvias (various)
Blackfoot Daisy	Heuchera (Coral Bells)	Scarlet Sage
Butterfly Bush	Honeysuckle	Sedum
Candytuft	Lantana	Shasta Daisy
Carolina Jessamine	Lavender	Spirea
Citrus trees	Lobelia	Sunflower
Columbine	Marigolds	Turk's Cap
Coneflower	Mexican Mint Marigold	Verbena
Coreopsis	Milkweed (Butterfly Weed)	Vitex
Daylily	Mist Flower	Yarrow
Desert Willow	Nepeta	Zinnia

Butterfly Host Plants

If gardener wishes to support the butterfly populations from beginning to end, then host plants need to be incorporated into the landscape. Host plants are the plants on which adult butterflies lay their eggs and on which the caterpillars feed.

Althea (Rose of Sharon)	Dill	Parsley
Asters	Dutchman's Pipevine	Pineapple Sage
Bird-of-Paradise (<i>Caesalpinia gilliesii</i>)	Fennel	Passion Vine
Black-eyed Susan	Flame Acanthus	Plumbago
Candle Tree	Gaillardia	Rose Mallow (Hardy Hibiscus)
Cannas	Inland Sea Oats	Rue
Cedar Elm	Mexican Petunia	Sunflower
Citrus Trees	Milkweed (Butterfly Weed)	Texas Sage
Coneflower	Nasturtium	Wisteria