

This list is based on a lecture given by Lisa Greene to Somersfield School, March 2011

Plants in green are host plants for the caterpillars.

Plant	Scientific name	Butterfly	Scientific name	Nectar source for butterfly	Larval food source
Passionflower	Passiflora sp.	Gulf Fritillary	Agraulis vanillae		Y
Milkweed	Asclepias spp.	Monarch		All milkweeds. Nectar from all milkweeds. Early in the season before milkweeds bloom, Monarchs visit a variety of flowers including dogbane, lilac, red clover, lantana, and thistles. In the fall adults visit composites including goldenrods, blazing stars, ironweed, and tickseed sunflower.	y
Plantain	Plantago spp.	Buckeye		Favorite nectar sources are composites including aster, chickory, gumweed, knapweed, and tickseed sunflower. Dogbane, peppermint, and other flowers are also visited.	y
Capweed/matchstick	Lippia nodiflora	Buckeye			y
Golden shower, everlast	Cassia sp.	Sulphur	Phoebis sennae	Nectar from many different flowers with long tubes including cordia, bougainvilla, cardinal flower, hibiscus, lantana, and wild morning glory.	y
Cabbage, broccoli, mustard	Mustard family	Cabbage white	Pieris rapae	Flower nectar from a very wide array of plants including mustards, dandelion, red clover, asters, and mints.	y
Stinging nettle	Urtica dioica	Red admiral	Vanessa atalanta	Red Admirals prefer sap flows on trees, fermenting fruit, and bird droppings; visiting flowers only when these are not available. Then they will nectar at common milkweed, red clover, aster, and alfalfa, among others.	y
False nettle	Boehmeria cylindrica	Red admiral			y
Pellitory	Parietaria sp.	Red admiral			y
Shot plant, canna	Canna	Skipper			y

				prefers nectar from composites 3-6 feet high, especially thistles; also aster, cosmos, blazing star, ironweed, and joe-pye weed. Flowers from other families that are visited include red clover, buttonbush, privet, and milkweeds. Plants in the sunflower family and everlasting (Gnaphalium obtusifolium),	
Licorice plant	Helichrysum sp.	American Painted lady	Vanessa virginienses		y
More than 100 host plants have been noted; favorites include thistles (Asteraceae), hollyhock and mallow (Malvaceae), and various legumes (Fabaceae).					
White clover	Trifolium repens	American Painted lady	Vanessa virginienses		y
Alfalfa	Medicago sativa	Clouded sulphur	Colias philodice		y
Pea	Pisum sativum	Clouded sulphur	Colias philodice		y

Plant names in red indicate the most successful butterfly plants for Bermuda's gardens.

Milkweed	Asclepias spp.			
Marigolds	Tagetes			y
Capeweed/matchstick	Lippia nodiflora			y
Plantain weed	Plantago lanceolata			y - need to check
	Plantago major			y
Lantana	Lantana spp.			y
Cassia nodosa	Golden shower			y
Everlasting cassia	Cassia sp.			y
Cassia	Cassia sp.			y

Pentas	Pentas	y
Ixora	Ixora	y
Gaillardia	Gaillardia	y
Red salvia	Salvia sp.	y
Blue salvia	Salvia sp.	y
Jamaica vervain	Stachytarpheta	y
Verbena	Verbena	y
Ageratum	Ageratum	y
Alyssum	Lobularia	y
Rosemary	Rosmarinus	y
Borage	Borago	y
Fennel	Foeniculum	y
Oregano	Origanum	y
Buddleia*	Buddleia	y * some spp are invasive
Jasmine	Jasminum	y
Plumbago	Plumbago	y
Abelia	Abelia	y
Nasturtium	Tropaeolum	y
Goldenrod	Solidago sempervirens	y
Ruellia*	Ruellia sp.	y *Hard to get rid of, once planted.
Wild radish	Raphanus sp.	y
Wild mustards		y
Dandelions	Taraxacum	y
Jamaica vervain	Stachytarpheta	y
Beggar Ticks	Bidens pilosa	y
Heath/honeysuckle	Russelia	y
Sunflower	Helianthus	y
Mexican sunflower	Tithonia	y - Reported to be attractive to bees and butterflies
Firecracker plant	Cuphea ignea	y - Reported to be fine butterfly and hummingbird plant.
Zinnia	Zinnia	y
Phlox	Phlox sp.	y

Eupatorium	Eupatorium sp.	y
Goldenrod	Solidago sempervirens	y
Coast sophora	Sophora tomentosa	y - flowers attract bees, butterflies, hummingbirds and warblers.

A wide mix of flower colors, shapes, & sizes provides appealing & accessible food to a greater number of butterfly species. It also makes your garden more eye-catching. Choose flowers with bright colors like pink, orange, yellow, and purple (white also is attractive to pollinators).