



# Plants That Attract Butterflies

Butterflies are pollinators, and pollinators are a vital part of our ecosystem because they help crops and other plants grow. One out of every three bites of food that you eat were brought to you with the help of pollinators. Pollinator populations are declining due to the use of pesticides and habitat destruction. It's important to do our part to assist them by planting beneficial plants in our gardens. Butterflies prefer some plants because of the nectar they provide, and other plants make great hosts for caterpillars as they grow up. Include both host plants and food sources in your garden beds to give pollinator friends a helping hand.

	Life Cycle	Provides Nectar	Acts as Host
Achillea (Yarrow)	Perennial	X	
Agapanthus (Lily of the Nile)	Perennial	X	
Alcea (hollyhock)	Perennial	X	X
Alyssum	Annual		X
Aquilegia (Columbine)	Perennial	X	
Armeria	Perennial	X	
Aster	Perennial	X	X
Astilbe	Perennial	X	
Buddleia (Butterfly Bush)	Perennial	X	
Caryopteris	Perennial	X	
Ceratostigma	Perennial	X	X
Cleome	Annual	X	
Coreopsis	Perennial	X	
Cosmos	Annual	X	
Dianthus	Perennial	X	
Digitalis (Foxglove)	Perennial	X	X
Dill	Perennial		X
Echinacea (Coneflower)	Perennial	X	
Erysimum (Wallflower)	Perennial	X	
Eupatorium (Joe Pye Weed)	Perennial	X	
Fennel	Perennial	X	
Gallardia (Blanket Flower)	Annual	X	
Gomphrena	Perennial	X	X
Guara	Perennial	X	
Hardy Hibiscus	Perennial		X
Iberis (Candytuft)	Perennial	X	

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Impatiens	Annual	X	
Lantana	Annual	X	
Lavender	Perennial	X	
Leucanthemum (Shasta Daisy)	Perennial	X	
Liatris	Perennial	X	
Lily (Asiatic & Oriental)	Perennial	X	
Lobelia	Annual	X	
Lonicera (Honeysuckle)	Perennial	X	
Marigold	Annual	X	
Monarda (Bee Balm)	Perennial	X	
Nasturtium	Annual		X
Nepeta (Catmint)	Perennial	X	
Oregano	Perennial	X	
Parsley	Perennial		X
Passion Vine	Perennial		X
Penstemon (Beardtongue)	Perennial	X	X
Pentas	Annual	X	X
Phlox Paniculata (Tall Garden Phlox)	Perennial	X	
Plumbago	Annual	X	X
Rose	Perennial		X
Rosemary	Perennial	X	
Rudbeckia (Black-Eyed Susan)	Perennial	X	
Rue	Perennial		X
Russian Sage	Perennial	X	
Salvia	Annual	X	
Scabiosa (Pincushion Flower)	Perennial	X	
Sedum	Perennial	X	
Snapdragon	Annual	X	
Solidago (Goldenrod)	Perennial	X	
Spigelia (Indian Pinkroot)	Perennial	X	
Valerian	Perennial	X	
Verbena Bonairiensis	Annual	X	
Veronica (Speedwell)	Perennial		X
Wisteria	Perennial		X
Zinnia	Annual	X	