Plants that support butterflies for the Pacific Northwest

By choosing the right plants you can attract butterflies into your garden and encourage them to stay for a while. Gardeners don't necessarily need large landscapes to provide the basics for butterfly survival. Butterflies need nectar plants, larval host plants, resting areas, sun and water.

BUTTERFLY	CATERPILLAR HOST PLANT	BUTTERFLY NECTAR SOURCE
Anise Swallowtail	Carrot, dill, parsley	Lantana, mint, penstemon, zinnia
American Apollo	Bleeding heart*	Blackberry
Brown elfin	Apple, azalea, manzanita*, rhododendron*, salal*	Cherry, plum, willow*, Indian plum*
California Tortoiseshell	Ceanothus*	Willow*, lilac, sneezeweed, goldenrod*
Common Ringlet	Grasses*	Dandelion, buttercup*
Common Wood-nymph	Grasses*	Coneflower, mint, sunflower, fleabane*, penstemon, clematis
Gray Hairstreak	Pea, mallow*, borage, rhododendron*, rose*, pine*	Goldenrod*, milkweed*, clover, winter cress
Great Spangled Fritillary	Violet	Black-eyed Susan, milkweed, verbena, thistle
Lorquin's Admiral	Apple, cherry, oceanspray*, willow*	Blackberry, privet, thistle, wild mustard
Monarch	Milkweed*	Cosmos, lantana, lilac, milkweed*, zinnia
Mourning Cloak	Birch*, hawthorn*, rose*, willow*	Milkweed*, rockcress, willow*
Mylitta Crescent	Thistle	Aster*, goldenrod*, pearly everlasting*
Orange Sulphur	Alfalfa, clover, vetch	Alfalfa, aster, mustard, red-osier dogwood
Painted Lady	Mainly thistle. Also, hollyhock, pearly everlasting, sunflower,	Aster*, coneflower, cosmos, dandelion, milkweed*, Oregon grape*, zinnia
Pale Swallowtail	Cascara, cherry, hawthorn*, oceanspray*, plum	Blackberry, columbine*, mint, oceanspray, penstemon, sweet-william
Pine White	Douglas fir*, hemlock*, pine*, redcedar*, true fir*	Coreopsis, daisies, dusty miller, goldenrod*, lobelia
Purplish Copper	Cinquefoil, dock, sorrel	Clover, heather, mint
Red Admiral	Nettle	Aster*, daisy, goldenrod*, milkweed*, thistle
Sara Orangetip	Winter cress	Dandelion, cherry, monkey flower, plum, strawberry, rockcress
Satyr Comma	Nettle	Aster*, blackberry, dandelion, rotting fruit
Spring Azure	Cherry, dogwood*, madrone*, oak*, oceanspray*, salal*	Ceanothus*, cherry, milkweed*, plum, willow*
Western Tiger Swallowtail	Aspen, big-leaf maple*, willow*	Honeysuckle*, lavender, lilac milkweed*, mock orange*, rhododendron*
Woodland Skipper	Grasses*	Aster*, black-eyed susan, bluebeard, pearly everlasting*, sage

*- some wild varieties are native to the PNW