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Completing the butterfly life cycle requires both nectar plants to feed adult butterflies and host plants on which females lay eggs and which provide food for caterpillars.

Different butterflies have evolved to use different, specific plants.

BUTTERFLY NECTAR PLANTS	CATERPILLAR HOST PLANTS
Monarch	
   	<p>Milkweed Asters Zinnia Verbena Ironweed Sedum</p>
<p>Asclepias such as Swamp Milkweed Common Milkweed Butterfly Weed</p>	   
Painted Lady	
   	<p>Asters Tickseed Sunflower Butterfly Bush Tithonia</p>
<p>Pussytoes Pearly Everlasting Poppy Mallow Thistles Ironweed Asters</p>	   
Great Spangled Fritillary	
   	<p>Black-eyed Susan Thistle Blazing Star Joe Pye Weed</p>
<p>Native violets Bird's Foot violet</p>	   

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BUTTERFLY NECTAR PLANTS

CATERPILLAR HOST PLANTS

Black Swallowtail



Milkweed
Blazing Star
Zinnia
Joe Pye Weed
Sunflower
Dill
Fennel
Bee Balm
Lilac

Parsley family:
Parsley
Fennel
Carrots
Golden Alexander
Dill



Tiger Swallowtail



Butterfly Weed
Joe Pye Weed
Lilac
Wild Cherry
Coneflower

Ash
Birch
Basswood
Poplar
Willows
Tulip Tree
Black Cherry
Serviceberry
Sweet Bay Magnolia



Mourning Cloak



Zinnia
Milkweed
New England Aster
Joe Pye Weed
Ironweed
Tree sap (oak,
willow, poplar)

Hackberry
Aspen
Paper Birch
Willows
Wild Rose

