

HERBS FOR ATTRACTING BUTTERFLIES

The following herbs contain nectar which will attract a number of different types of butterflies to your garden, including ; Red Admirals, Skippers, Painted Lady, Monarch, Swallowtail, Checkerspots.

COMMON NAME	BOTANICAL NAME	TYPE	COLOUR AND BLOOM TIME
RED BERGAMOT/BEE BALM	<i>Monarda didyma</i>	Perennial	red, pink July/Aug
BUTTERFLY WEED/PLEURISY ROOT	<i>Asclepias tuberosa</i>	Perennial	orange July/Aug
SAGE	<i>Salvia sp.</i>	Perennial	red,lavender,blue July to Frost
LAVENDER	<i>Lavandula sp.</i>	Perennial	purple/pink July/Sept.
CALENDULA/ENGLISH MARIGOLD	<i>Calendula officinalis</i>	Annual	yellow,orange July/Sept.
APPLEMINT	<i>Mentha suaveolens</i>	Perennial	June to frost
SPEARMINT	<i>Mentha spicata</i>	Perennial	June to frost
NASTURTIUMS	<i>Tropaeolum majus</i>	Annual	yell.,orange,red June to Aug
YARROW	<i>Achillea sp.</i>	Perennial	white,yell.,red,pink June to Sept.
VALERIAN	<i>Valeriana officinalis</i>	Perennial	white,pink June/Aug
GARLIC CHIVES	<i>Allium tuberosum</i>	Perennial	white Aug/Sept.
GOLDENRODS`	<i>Solidago sp.</i>	Perennial	yellow July/Sept.

In order to bring butterflies to your garden and encourage their reproduction, you need to provide food for the caterpillars as well as the adult butterflies. Caterpillars are much more particular about their diet than butterflies, most species feed only on one or two families of plants. The following herbs serve as host plants for the caterpillars listed.

COMMON NAME	BOTANICAL NAME	BUTTERFLY CATERPILLER
Anise	<i>Pimpinella sp.</i>	Anise Swallowtail
Borage	<i>Broago officinalis</i>	Painted Lady, Anicia Checkerspot
Dill	<i>Anethum graveolens</i>	Black Swallowtail
Fennel	<i>Foeniculum vulgare</i>	Anise Swallowtail, Black Swallowtail
Goldenrods	<i>Solidago sp.</i>	Northern Checkerspot, Rockslide Checkerspot
Milkweeds	<i>Asclepias sp.</i>	Monarch
Mints	<i>Mentha sp.</i>	Gray Hairstreak, Smaller Lantana Butterfly
Parsley	<i>Petroselinum crispum</i>	Anise Swallowtail, Black Swallowtail
Sorrels	<i>Rumex acetosa, R. Scutatus</i>	American Copper, Lustrous Copper, Purplish Copper
Violets	<i>Viola sp.</i>	Most species of Fritillary