

Host and Nectar Plants for Lepidoptera



<u>Common Name (Annual)</u>	<u>Scientific Name</u>	<u>Flower Color</u>	<u>Nectar</u>	<u>Host</u>
American marigold	Tagetes erecta	Yellow	N	H
American vetch	Vicia	Purple	N	H
Anise hyssop	Hyssopus officinalis	Purple	N	
Autumn joy sedum	Hylotelephium telephium	Pink	N	H
Black-eyed susan	Rudbeckia hirta	Yellow	N	
Blanketflower	Gaillardia aristata	Yellow/orange/red	N	H
Bottle gentian	Gentiana andrewsii	Blue	N	
Butterfly weed	Asclepias tuberosa	orange	N	
Calendula	Calendula officinalis	Yellow	N	
Common boneset	Eupatorium perfoliatum	White	N**	
Common evening primrose	Oenothera biennis	Yellow	N	
Common milkweed	Asclepias syriaca	Pink	N	H
Dill	Anethum graveolens	Yellow		H
Eastern purple coneflower	Echinacea purpurea	Pink	N	H
Silver pussytoes	Antennaria argentea	White		H
Field thistle	Cirsium discolor	Pink/purple	N	H
Flowering tobacco	Nicotiana glauca	Pink-red-white varieties	N	
Fireweed	Epilobium angustifolium	Pink/purple	N**	
Golden alexander	Zizia aurea	Yellow	N	H
Hoary vervain	Verbena stricta	Purple	N	H
Hollyhock	Alcea rosea	Pink-red-white varieties	N	
Lance leaved goldenrod	Euthamia graminifolia	Yellow	N**	
Maximilian sunflower	Helianthus maximiliana	Yellow	N	H
Meadow blazing star	Liatris ligulistylis	Purple	N**	
Mexican sunflower	Tithonia rotundifolia	Yellow	N	
Milkweeds	Genus: Asclepias	Pink/purple/orange	N	H
Mountain mint	Pycnanthemum virginianum	White/purple	N	
Nasturtium	Tropaeolum majus	Orange/red	N	H
New England aster	Symphotrichum novae-angliae	Pink/purple	N**	H
Parsley	Petroselinum crispum	Green		H
Petunia	Petunia hybrida	Pink/purple	N	
Purple coneflower	Echinacea purpurea	Pink/purple	N	
Rough blazing star	Liatris aspera	Purple	N**	
Sawtooth sunflower	Helianthus grosseserratus	Yellow	N**	
Showy sunflower	Helianthus laetiflorus	Yellow	N**	
Showy goldenrod	Solidago speciose	Yellow	N**	
Smooth oxeye	Heliopsis helianthoides	Yellow	N	
Spotted bee balm	Monarda punctata	White/pink/yellow	N	
Spotted joe pye weed	Eutrochium maculatum	Pink	N	
Stiff goldenrod	Oligoneuron rigidum	Yellow	N**	
Swamp thistle	Cirsium muticum	Pink/purple	N	H
Tickseed Sunflower	Bidens aristosa	Yellow	N**	
Verbena	Verbena spp.	Purple	N	
Violets	Viola spp.	Purple	N	H
Wild bergamot	Monarda fistulosa	Purple	N	
Wild lupine	Lupinus perennis	Blue	N	H
Zinnia	Zinnia elegans	Pink-yellow varieties	N	

** Fall blooms for monarch and painted lady migration.