

# Host Plants and Nectar Plants of Butterflies in San Diego County

Speaker: Marcia Van Loy  
San Diego Master Gardener Association

Butterfly	Caterpillar Host Plant	Butterfly Nectar Source
Admiral	Aspens, birches, oaks sp., willows, poplars, honeysuckle, wild cherry	Aphid honeydew, bramble blossom (Rubus)
Admiral, California Sister	Coast & canyon live oak	Rotting fruit, dung, sap; rarely flowers
Admiral, Lorquin's	Willows, cottonwood, aspens, oak sp. poplars, willows sp.	Calif. lilac, mint, sap, fruit, dung
Admiral, Red	Aspens, birches, hops, nettle sp., oak sp., willows	Dandelion, goldenrod, mallow, verbena, buddleja, purple coneflower, garlic chives, lantana, marigold, privet, thistel, dogbane
Blues: Achmon, Arrowhead, Bernardino, Lupine, Marine, Sonoran	Alfalfa, clovers, dogwoods, legumes, lupines, vetches, wild cherry, Chinese wisteria, plumbago	California aster, asclepias, Spanish lotus, legumes, lupine, heliotrope, wild pea, dudleya, violets, buckwheat (Eriogonum)
Buckeye, Common	Snapdragon, loosestrife (Lysimachia, Lythurum), mallows, nettles, thistles, plantains, antennaria everlasting	Ajuga (carpet bugle)
Cabbage White	Mustard and cabbage family, broccoli, nasturtium spp.	Arugula, blood flower, Brazilian verbena, buddleja, asclepias, day lily, lantana, lavender, liatris, marigold, mint, oregano, radishes, red clover, some salvia and sedum, thyme, tithonia, winter cress, zinnia, eupatorium
Checkerspot: Wright's, Gabb's, Imperial, Variable, Chalcedon, Henne's	Asters, chelone, digitalis, hostas, rudbeckia laciniata, sunflower sp., California bee plant (Scrophularia), snowberry, mimulus aurantiacus, plantains	Asclepias, viburnum, wild rose, Calif. aster
Comma, Satyr	Elm, Hops, Nettle	Butterfly bush, dandelion; sap and fruit
Coppers: Gorgon, Great, Purplish, and Tailed	Common sorrel, mountain sorrel, dogbane, buckwheats, sunflower, asclepias, gum plant, heliotrope, gooseberries, currants, asters	Daisy, dandelion, clovers, asclepias
Dusky-wing: Funereal, Pacuvius, Propertius, Sleepy, Mournful, Afranius	Calif. lilac, Coastal live oaks, verbena, redbud, wild onions, heaths (daboecia), brodiaea, buckeye, legumes, sunflowers, buckwheat, yerba santa (Eriodictyon californicum) (hydrophyllaceae)	Brazilian verbena, buddleja, dogbane, globe amaranth, lavender, marigold, New England Aster, purple coneflower (echinacea)
Fritillary, Greater	Violets	Joe Pye weed (eupatorium), buddleja, asclepias, garlic chives, marigold, purple coneflower and more
Fritillary, Gulf	Pentas, passion-vine	Joe Pye weed (eupatorium)
Fritillary, Variegated	Violet, passion vine, pansy, flax spp., plantains, sedum	Joe Pye weed, rudbeckia, verbena, buddleja, amaranth, marigold, oregano, red clover, zinnia, New England Aster
Hairstreak, Gray	Mallow, hollyhock, clover, alfalfa, California coffeeberry, lantana, legumes, mints, parsley, Rose of Sharon, sage spp., vetch (Coronilla varia)	Brazilian verbena, asclepias, catnip, sorrel, garlic chives, amaranth, lantana, oregano, salvia, sedum, sunflower, tithonia, white clover, oxalis, eupatorium

Hairstreaks Other: Brown Elfin, California, Gold-hunter's, Golden, Great Purple, Hedgerow, Juniper, Mountain Mahogany, Sylvan, Nelson's, Mallow Shrub, Loki	Manzanita, oak spp., madrone (arbutus), dodder, Calif. buckwheat (Eriogonum fasciculatum), willow, redbud, asclepias, yerba santa (hydrophyllaceae), canyon live oak	Brazilian verbena, buddleja, garlic chives, dogbane, globe amaranth, Joe-pye weed, sedum, coneflower, asclepias, Heath aster, California lilacs, dudleya, yarrow, lantana, liatris, salvia spp.
Heliconian, Zebra	Passion vine (Passiflora)	Passion flowers
Ladies: American, Painted, West Coast	Thistle, aster, mallow, common hollyhock, everlasting (Helipterum), sunflower, borages, nettles, sage (salvia), centaurea, some artemisia sp., plantains, lupine	Brazilian Verbena, buddleja, asclepias, cosmos, heliotrope, marigold, aster, purple coneflower, zinnia, dogbane, globe amaranth, privet, Joe Pye weed (eupatorium), salvia, white clover
Monarch	Milkweed (asclepias)	Dogbane, buddleja, asclepias, globe amaranth, Heath aster, mint, manzanita, mallow, heliotrope, lantana, marigold, mustard greens, oriental lilies, coneflower, tithonia, zinnia, Joe-Pye weed
Mourning Cloak	Willow, elm, poplar, birch, nettle, wild rose, aspen, hops	Buddleja, asclepias, Shasta daisy, dogbane

Crescents: Phaon, Field, Mylitta, California	Asters, sunflowers, thistle spp., plantains, verbenas	Dogbane, Rudbeckia, asclepias, dandelion, amaranth, Heath Aster, sedum, goldenrod, coreopsis, sunflower, zinnia
Pigmy Blue, Western	Amaranthaceae	Atriplex (salt bush)
Queen	Asclepias, heliotrope	Asclepias, daisy, bidens, sunflower
Skipper, Common Checkered	Mallow, hollyhock, mustard & cabbage families	Fleabane (erigeron), aster, red clover, coneflower, globe amaranth, salvia, verbena, day lily
Skipper, Silver-spotted	Black Locust (robinia), wisteria, wild licorice	Privet, clover, thistle, winter cress, mustard plants, dogbane
Skippers Other: Hammock, Juba, Long-tailed, Silverspotted, Arizona, Powdered, Mt. Laguna, Small Checkered, White Checkered, Fiery, Alkali, Leussler's, California Giant, Yucca, Sandhill, Rural, Woodland, Harbison, Eufala, Umber	Purple-top grass, native grasses like fescue, oatgrass, Bermuda and crabgrass, others, hairgrass/sedge, tall broad-leaf grasses, e.g. wild rye	Blackberry, vetch (coronilla varia), asclepias, buttonbush (cephalanthus), thistle, abelia, Rudbeckia, blueberry bush, verbena, catnip, sage, amaranth, heliotrope, Joe-Pye weed, lantana, lavender, mint, mountain laurel, oregano, Oriental lilies, phlox, privet, radishes, red clover, salvia, coneflower, zinnia, legumes, mallows, aster, sunflower
Sleepy Orange	Cassia, clover, senna	Fabaceae plants (the pea family)
Snout, American	Hackberry (celtis)	Aster, dogbane (apocynaceae), dogwood, goldenrod, pepperbush, eupatorium
Sulphur, California Dogface	False indigo bush and other legumes	Salvias/sages, California fuchsia, woolly blue curls, butterfly mints
Sulphur, Clouded	Clover, alfalfa, soy bean, vetch (Coronilla varia), wild lupine	Goldenrod (solidago), grape hyacinth, marigold, aster, privet (Ligustrum), purple coneflower, tithonia (Mexican sunflower)
Sulphur, Cloudless	Cassia, clover, senna	Zinnia, butterfly bush, cosmos, cushion mum
Sulphur, Common	Vetch (Coronilla varia)	Aster, dogbane, goldenrod (solidago)
Sulphur, Orange	Vetch (Coronilla varia), alfalfa, clover, pea family, senna, bean family, legumes	Alfalfa, aster, clover, verbena, Rudbeckia, buddleja, asclepias, dandelion, cosmos, Joe Pye weed, oregano, purple coneflower, tithonia, zinnia, marigold

Sulphur, Orange-barred	Cassia, caesalpinia, senna	Many plants
Swallowtail, Anise	Queen Anne's Lace, fennel, citrus, anise, caraway, carrot, parsley	Buddleja, Joe Pye weed
Swallowtail, Black	Parsley, dill, fennel, carrot, asclepias	Aster, buddleja, Joe Pye weed, alfalfa
Swallowtail, Giant	Citrus, ash family, hop	Joe-Pye weed, buddleja
Swallowtail, Pipevine	Dutchman's Pipe, pipevine (non-tropical)	Buddleja, Brazilian verbena
Swallowtail, Tiger	Black cherry, birch, poplar, willow	Joe-Pye weed, buddleja
Swallowtails in general	Sweet fennel, citrus, dill, parsley, carrot, sage brushes, tarragon, verbena, willow, mint, alder, anise, apple, aspen, avocado, bay, birch, clover, coffee berry, guava, Laurel, lilac, pawpaw	Purple coneflower, sunflower, tithonia, verbena, zinnia, privet, lantana, marigold, aster, oregano, oriental lilies, petunia, buddleja, asclepias, garlic, chives, heliotrope, phlox, Joe-Pye weed
Tailed Blue, Western	Clover, peas	Legumes, dogbane
Yellows: Little, Mexican, Mimosa	Cassia, clover, lupine spp., senna, caesalpinia	Clover

<b>Additional Plants to attract butterflies</b>	Yarrow, agapanthus, columbine, borage, centranthus ruber, coreopsis, cosmos, dianthus, erigeron (flea bane), salvia, sage, zauschneria (California fuchsia), abutilon, manzanita, rosemary, elderberry, vitex, penstemon, ceanothus, snapdragon, mimulus, malus (flowering crabapple), lotus, mallow, pincussion (scabiosa), lobelia, pine mistletoe, lupine, felicia, gaura, and a variety of other plants and flowers
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<b>Adult butterflies also use the following</b>	Rotting fruit, dung (mostly from birds), urine, tree sap, plant juices that are sweet and decaying flesh of animals	A water source is also vital to butterflies; this is where they find salts and minerals. Also, flower and plant pollen comes in the form of fine or coarse powder and seeds. These are broken down by the butterfly and consumed in liquid form.
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For a full list of San Diego County Butterflies, visit the San Diego Natural History Museum website [www.sdnhm.org/research/entomology/sdbutterflies.html](http://www.sdnhm.org/research/entomology/sdbutterflies.html)

Sources: Multiple  
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