

## Gardening to Attract Butterflies : Larval Hosts

The most critical plants to include in your garden are larval food sources, plants that the adult butterfly lays her eggs on. After the eggs hatch, the caterpillars will eat the plant until they pupate and form chrysalises.

### **By butterfly:**

Anise Swallowtail: Yampah (native), Fennel  
Monarch: Milkweeds (native and non-native)  
Pipevine Swallowtail: California Dutchman's Pipe (native)  
Western Tiger Swallowtail: Maple, Willows, Western Sycamore  
Painted Lady: Thistles, Lupines, Pearly Everlasting, Yarrow, Cudweeds, Gum-weed, Rosilla, Mules-ears



*Monarch egg on milkweed*



*Anise swallowtail eggs on yampah (native)*

### **By plant:**

Spring Azure: Echo Blue, Buckeye  
Aster: Field Crescent, Northern Checkerspot  
Sunflower: American Painted Lady, Field Crescent  
Mustard Family: Cabbage Butterfly, Whites  
Grasses: Skippers  
Indian Paintbrush: Checkerspots  
Wild Lilac Ceanothus: several  
Soap Plant: Western Brown Elfin  
Dogwood: Spring Azure  
Buckwheats: Blues, Metalmarks, Hairstreaks, Gorgon Copper  
Legume Family: Blues, Common Sulphur

Creambush: Lorquin's Admiral, Pale Swallowtail, Spring Azure  
Honeysuckle: Common Checkerspot  
Lupines: Blues, Common Hairstreak, Painted Lady  
Mallows: Painted Lady, Common Checkered Skipper, Common Hairstreak  
Sticky Monkeyflower: Common Checkerspot  
Monkeyflower: Buckeye, Field Crescent  
Coyote Mint: Western Tiger Swallowtail, California Dogface  
Foothill Penstemon: Common Checkerspot  
Plantain: Buckeye, Common Checkerspot  
Oaks: California Sister, Duskywings, Hairstreaks, Echo Blue  
Coffeeberry: Common Hairstreak, Pale Swallowtail  
Willows: Dryope Hairstreak, Mourning Cloak, Rustic Anglewing  
California Bee Plant: Checkerspots, Buckeye  
Vetch: Common Hairstreak, Common Sulphur, Silvery Blue



*Pipevine swallowtail caterpillars on Dutchman's pipe*

This is a very partial list, for more information, see the source, the California Native Plant Society's list at <http://ebcnps.org/Butterflies.htm>

Photographs by Heidi Rand