

The **Stony Brook-Millstone Watershed Association** is central New Jersey's first environmental group. Since 1949, we've been protecting your water and your environment in the 265-square-mile area drained by the Stony Brook and Millstone River. We're the only organization in the region that combines science, education, conservation and advocacy.

Our 860-acre **Watershed Reserve** in Hopewell is one of the "greenest" places you can visit. Come learn how you can become "River-Friendly." Discover more than 10 miles of public hiking trails. Observe nature up close in the wild or at our Nature Center. Attend summer camp. Or surround yourself with butterflies at the Kate Gorrie Memorial Butterfly House.



Your water. Your environment.
Your voice.

A Guide to Butterfly Gardening and Native Plants



Stony Brook-Millstone
Watershed Association

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PLANTING FOR BUTTERFLIES

Nectar Plants

Nectar plants are food sources for adult butterflies. Most butterfly species will feed on nectar from a variety of plant species. The following are examples of native nectar plants.

Perennial Flowers

- Asclepias* spp. (Butterfly Weed, Milkweed)*
- Aster novae-angliae* (New England Aster)*
- Baptista australis* (Blue False Indigo)*
- Chelone glabra* (White Turtlehead)
- Coreopsis lanceolata* (Tickseed)*
- Eupatorium* spp. (Joe-Pye Weed)
- Helianthus* spp. (Sunflowers)
- Hibiscus moscheutos* (Swamp Rose-Mallow)*
- Iris versicolor* (Blue Flag Iris)*
- Liatris spicata* (Dense Blazing Star)*
- Lobelia siphilitica* (Great Blue Lobelia)*
- Lonicera sempervirens* (Trumpet Honeysuckle) *
- Monarda* spp. (Wild Bergamot*, Beebalm)
- Penstemon digitalis*, *Penstemon hirsutus* (Beardtongue)*
- Phlox divaricata* (Blue Wood Phlox)
- Pycnanthemum nuticum* (Mountain Mint)
- Rudbeckia* spp. (Coneflowers)*
- Solidago* spp. (Goldenrods)*
- Verbena hastata* (Blue Vervain)*
- Veronia* spp. (Ironweeds)
- Veronicastrum virginicum* (Culver's-Root)*
- Viola* spp. (Violets)
- Zizia aurea* (Golden Alexander)

Grasses

- Ssyrrinchium atlanticum* (Blue-eyed Grass)
- Tridens flavens* (Purple Top Grass)

Vines

- Wisteria frutescens* (American Wisteria)

Shrubs

- Cephalanthus occidentalis* (Buttonbush)
- Lindera benzoin* (Spicebush)*
- Spirea* spp. (Meadowsweets)
- Viburnum* spp. *

*Denotes species said to be resistant to browsing by deer.

Host Plants

Host plants provide food for caterpillars. Each butterfly species has specific types of plants on which it will lay its eggs. Below is a table of butterflies and the native host plants they are said to prefer.

Species	Host Plant
Baltimore Checkerspot	Beardtongue, Turtlehead
Black Swallowtail	Dill, Fennel, Parsley
Cabbage White	Broccoli, Cabbage, Mustards
Common Wood-nymph	Purple Top Grass
Eastern Comma	Elm, Hops, Nettle
Eastern Tailed Blue	Clover, Peas
Great Spangled Fritillary	Violet
Little Wood Satyr	Orchard Grass
Monarch	Milkweed
Mourning Cloak	Birch, Elm, Nettle, Poplar, Wild Rose, Willow
Painted Lady	Burdock, Daisy, Hollyhock, Mallow, Thistle
Pearl Crescent	Asters
Question Mark	Elm, Hackberry, Nettles
Red Admiral	Nettle
Red-spotted Purple	Black Cherry, Poplar, Willow
Silver-spotted Skipper	Black Locust, Wisteria
Spicebush Swallowtail	Spicebush, Sassafras
Spring Azure	Apple, Blueberry, Dogwood, <i>Spirea</i> , <i>Viburnum</i>
Sulphurs	Clovers, Vetches
Tiger Swallowtail	Black Cherry, Birch, Lilac, Poplar, Willow
Zebra Swallowtail	Pawpaw

What Are Native Plants?

A plant is considered **native** when it grows in the same habitat in which it originated. A plant can be native to a continent, country, state, or region.

Why Use Native Plants?

The interactions between our native plants and butterflies have taken place for thousands of years, yet it has only taken decades to see the decline of native plants in our landscapes. By planting native plants that were once abundant in our region, we can help offset the impact that the losses of native food sources have on butterfly populations.



A Monarch butterfly perched on a Purple Coneflower.

In addition, native plants are **adapted** to the weather conditions in our region. This makes them generally harder than non-natives, therefore they require less care.

A Word on Invasive Plants

An **invasive plant** is a plant that will quickly take over an area or ecosystem. Invasive plants crowd out other plant species and threaten biodiversity. Some non-native plants are highly invasive, and should **never be planted**. The following is a list of invasive plants:



Autumn Olive
Japanese Barberry
Japanese Honeysuckle
Japanese Knotweed
Multiflora Rose
Oriental Bittersweet
Porcelain Berry
Purple Loosestrife (right)

Like to know more?

Here are some titles we recommend for more information on butterfly gardening and native plants:

Butterflies: How to identify them and attract them to your garden.

Marcus Schneck

Butterfly Gardening: Making Summer Magic in Your Backyard.

The Xerces Society

Gardening with Wildflowers and Native Plants

Brooklyn Botanic Garden

The Butterfly Book

Donald and Lillian Stokes

The Butterfly Gardener's Guide

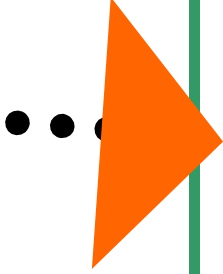
Brooklyn Botanic Garden

The Family Butterfly Book

Rick Mikula

Extra Special Features

Consider adding these special touches to your garden!



- **A place for puddling.** Butterflies cannot drink directly from open water. By creating a small mud puddle or sinking a container of wet sand or rocks into the ground you can create a perfect place for butterflies to drink. Drinking water from rocks, sand and mud also provides butterflies with minerals and salts that are present in only very low quantities in plants.
- **Basking rocks.** Butterflies need warm wings to fly. On cloudy or cool days, butterflies will bask on large flat rocks.
- **Shelter.** Trees, fences, and building eaves can provide butterflies with shelter on windy and rainy days. They also provide a place to hide from hungry birds!
- **Rotting fruit.** The adults of some butterfly species such as the Mourning Cloak, Question Mark and Red Admiral, enjoy feeding on rotting fruit. Setting out a dish of rotting fruit can attract these species.
- **Winter habitat.** Some butterfly species overwinter or hibernate. You might find eggs, larvae, pupae or even adults hibernating in your garden through the winter. To help these hibernators, pile up logs, leaves and garden debris and wait until spring to clean out any dead plants.

Never use pesticides in a butterfly garden. Pesticides will kill or weaken caterpillars and adults along with any pests.