

**Select Butterflies for NW California, and Associated Native Larval Food (Host) Plants,
With emphasis on coastal Humboldt County (west of Lord Ellis Summit)**

Butterfly Species	Larval Food Plant- common name	Plant- Scientific name	Notes
Western Tiger Swallowtail (<i>Papilio rutulus</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	For larger yards (particularly <i>S. hookeriana</i>)
Anise swallowtail (<i>Papilio zelicaon</i>)	1. Coast angelica 2. Lomatium 3. Yampah	1. <i>Angelica hendersonii</i> 2. <i>Lomatium dissectum</i> , <i>L. macrocarpum</i> 3. <i>Perideridia</i> species	The most-used host plant is the non-native and invasive Fennel (<i>Foeniculum vulgare</i>), but not recommended
Orange Sulphur (<i>Colias eurytheme</i>)	1. Bird's foot trefoil 2. Lupines	1. <i>Acmispon americanus</i> 2. <i>Lupinus rivularis</i> , <i>Lupinus polyphyllus</i>	Painted Lady may also use lupines
Echo (Spring) Azure (<i>Celastrina echo</i>)	Ceanothus shrubs	<i>Ceanothus</i> "Skylark" from local nurseries is compact, does well in coastal climate	
Acmon Blue (<i>Icaricia acmon</i>)	Coast buckwheat	<i>Eriogonum latifolium</i>	Particularly likely to attract this species on the north spit area (Manila, Samoa, etc.), or near open areas (Blue Lake, ...)
Lorquin's Admiral (<i>Limenitis lorquini</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	
Painted lady (<i>Vanessa cardui</i>)	1. Checkermallow, Checkerbloom 2. Pearly everlasting 3. Native thistles	1. <i>Sidalcea malviflora</i> 2. <i>Anaphalis margaritacea</i> 3. <i>Cirsium occidentale</i> , other <i>Cirsium</i>	Pearly everlasting spreads by runners, deer resistant. Thistles are used as nectar source by various species. Besides <i>C. occidentale</i> , <i>C. brevistylum</i> occurs locally (Calflora)
West Coast Lady (<i>Vanessa annabella</i>)	Checker mallow, Checker bloom	<i>Sidalcea malviflora</i>	Checker mallow is a great planting for native bees, too
Red Admirable (Red Admiral) (<i>Vanessa atalanta</i>)	Stinging nettle	<i>Urtica dioica</i>	will also use non-native nettles
Mourning Cloak (<i>Nymphalis antiopa</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	
Mylytta Crescent (<i>Phyciodes mylitta</i>)	Native thistles	<i>Cirsium occidentale</i> , other <i>Cirsium</i>	Besides <i>C. occidentale</i> , <i>C. brevistylum</i> occurs locally (Calflora)
Field Crescent (<i>Phyciodes pulchella</i>)	California/Pacific aster	<i>Symphotrichum (Aster) chilense</i>	Aster spreads readily

Select Butterflies for NW California, and Associated Native Larval Food (Host) Plants, With emphasis on coastal Humboldt County (west of Lord Ellis Summit)

Additional Native Plants for Butterflies and other Pollinators. (Nectar plants are needed by butterflies as much as larval host plants)

Nectar Plant, Common Name	Scientific Name	Notes
Canada goldenrod	<i>Solidago elongata</i> (<i>canadensis</i>)	
Bolander's phacelia	<i>Phacelia bolanderi</i>	
Coyote mint	<i>Monardella villosa</i>	
Seaside daisy	<i>Erigeron glaucus</i>	
Sneezeweed	<i>Helenium bigelovii</i>	
California poppy, coastal form	<i>Eschscholzia</i> <i>californica maritima</i>	
Coyote bush	<i>Baccharis pilularis</i> ssp. <i>pilularis</i>	<i>Pilularis</i> subspecies form is local, low-growing, less rangy
Common yarrow	<i>Achillea millefolium</i>	
Foothill penstemon	<i>Penstemon</i> <i>heterophyllus</i>	Penstemon is not native to coastal Humboldt, but grows there and is a good nectar plant

Honorable Mention (non-natives and others)

Lavendar	<i>Lavandula</i>	Good nectar source for many insects
Native bunchgrasses and fescues	<i>Festuca</i> species, <i>Stipa</i> species	Larval host plants for skippers

v. 9/8/2019, by G. Falxa, L. Lawrence, and B. Rodstrom for the Northcoast Chapter of the California Native Plant Society