

# Native Plants for Butterflies in the Humboldt Bay Area

## Native Plants for Larval Food

Common name	Plant- Scientific name	Butterfly Species	Notes
Willows	<i>Salix lasiandra</i> , <i>Salix hookeriana</i>	Western Tiger Swallowtail ( <i>Papilio rutulus</i> )	For larger yards (particularly <i>S. hookeriana</i> )
1. Coast angelica 2-3. Biscuitroot 4. Yampah	1. <i>Angelica hendersonii</i> , 2. <i>Lomatium dissectum</i> , 3. <i>Lomatium macrocarpum</i> 4. <i>Perideridia</i> species	Anise swallowtail ( <i>Papilio zelicaon</i> )	The most-used host plant is the non-native and invasive Fennel ( <i>Foeniculum vulgare</i> ), but not recommended
1. Bird's foot trefoil 2-3. Lupines	1. <i>Acmispon americanus</i> 2. <i>Lupinus rivularis</i> , 3. <i>Lupinus polyphyllus</i>	Orange Sulphur ( <i>Colias eurytheme</i> )	Painted Lady may also use lupines
Blueblossum shrubs	<i>Ceanothus thyrsiflorus</i> is the common coastal species	Echo (Spring) Azure ( <i>Celastrina echo</i> )	<i>Ceanothus thyrsiflorus</i> species can get very large (30 x 40 ft). Compact cultivars like 'Skylark' or 'Dark Star' do well in smaller spaces
Coast buckwheat	<i>Eriogonum latifolium</i>	Acmon Blue ( <i>Icaricia acmon</i> )	Particularly likely to attract this species on the north spit area (Manila, Samoa, etc.), or near open areas (Blue Lake)
Willows	<i>Salix lasiandra</i> , <i>Salix hookeriana</i>	Lorquin's Admiral ( <i>Limenitis lorquini</i> )	For larger yards (particularly <i>S. hookeriana</i> )
1. Checker Mallow, aka Checker Bloom 2. Pearly everlasting 3-4. Native thistles	1. <i>Sidalcea malviflora</i> 2. <i>Anaphalis margaritacea</i> 3. <i>Cirsium occidentale</i> , 4. <i>Cirsium brevistylum</i>	Painted lady ( <i>Vanessa cardui</i> )	Pearly everlasting spreads by runners, deer resistant. Thistles are used as nectar source by various species.
Checker Mallow, aka Checker Bloom	<i>Sidalcea malviflora</i>	West Coast Lady ( <i>Vanessa annabella</i> )	Checker Mallow, aka Checker Bloom is a great planting for native bees, too
Stinging nettle	<i>Urtica dioica</i>	Red Admirable (Red Admiral) ( <i>Vanessa atalanta</i> )	Will also use non-native nettles
Willows	<i>Salix lasiandra</i> , <i>Salix hookeriana</i>	Mourning Cloak ( <i>Nymphalis antiopa</i> )	Will also use alders and aspens
Native thistles	<i>Cirsium occidentale</i> , <i>Cirsium brevistylum</i>	Mylitta Crescent ( <i>Phyciodes mylitta</i> )	Both <i>C. occidentale</i> and <i>C. brevistylum</i> occur locally (California)
California/Pacific aster	<i>Symphotrichum (Aster) chilense</i>	Field Crescent ( <i>Phyciodes pulchella</i> )	Aster spreads readily

# Native Plants for Butterflies in the Humboldt Bay Area

## Native Plants for Butterfly Nectar

Nectar plants are needed by butterflies as much as larval host plants

Common Name	Scientific Name	Notes
Canada goldenrod	<i>Solidago elongata (canadensis)</i>	A good later summer nectar plant, host to a few species of butterflies and dozens of moth species
Bolander's phacelia	<i>Phacelia bolanderi</i>	A popular spring nectar source for mining bees, digger bees, bumble bees, and host for several kinds of moths
Coyote mint	<i>Monardella villosa</i>	A host plant for several moth species and a good summer nectar source for butterflies and native bees
Seaside daisy	<i>Erigeron glaucus</i>	A good summer nectar source for skippers, also leafcutter bees, and many others
Sneezeweed	<i>Helenium bigelovii</i>	A good summer nectar source for butterflies and bumble bees
California poppy, coastal form	<i>Eschscholzia californica maritima</i>	Host plant for blues and metalmarks, popular spring nectar plant for bumble bees, sweat bees and mason bees
Coyote bush	<i>Baccharis pilularis ssp. pilularis</i>	The <i>B. pilularis</i> subspecies form is local, low-growing, less rangy
Common yarrow	<i>Achillea millefolium</i>	A later spring, early summer nectar source for butterflies, and is a host plant for several moth species
Foothill penstemon	<i>Penstemon heterophyllus</i>	A good summer nectar plant and host to buckeyes, checkerspot and several moth species

### 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. Over-wintering habitat for bumble bees

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