

**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-<br>Common Name  | Food Plant- Scientific Name   | Notes   |
|--|--|---|---|
| Western Tiger Swallowtail ( <i>Papilio rutulus</i> )<br>Mourning Cloak ( <i>Nymphalis antiopa</i> )<br>Lorquin's Admiral ( <i>Limenitis lorquini</i> ) | Willows  | <i>Salix lasiandra</i> , <i>Salix hookeriana</i>  | Willows need space and are best in larger yards (particularly <i>S. hookeriana</i> ). Mourning cloak will also use alders and aspens.   |
| Anise Swallowtail ( <i>Papilio zelicaon</i> )  | 1. Coast Angelica<br>2-3. Biscuitroot<br>4. Yampah                               | 1. <i>Angelica hendersonii</i><br>2. <i>Lomatium dissectum</i><br>3. <i>Lomatium macrocarpum</i><br>4. <i>Perideridia</i> species | The most-used host plant is the non-native and invasive Fennel ( <i>Foeniculum vulgare</i> ), but not recommended   |
| Silvery Blue ( <i>Glaucopsyche lygdamus</i> )<br>Orange Sulphur ( <i>Colias eurytheme</i> )  | Lupines  | 1. <i>Lupinus rivularis</i><br>2. <i>Lupinus polyphyllus</i>  | Orange Sulphur uses alfalfa heavily where grown, and many other species in the pea family (legumes)   |
| Echo (Spring) Azure ( <i>Celastrina echo</i> )   | 1. Blueblossom shrubs<br>2. Red Osier (or Creek) Dogwood                         | 1. <i>Ceanothus thyrsiflorus</i> is the common coastal species<br>2. <i>Cornus sericea</i>  | <i>Ceanothus thyrsiflorus</i> can get quite large. Compact cultivars like Skylark and Dark Star do well in smaller spaces.  |
| 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 (e.g., Blue Lake)  |
| Painted Lady ( <i>Vanessa cardui</i> )   | 1. Pearly Everlasting<br>2. Checker Mallow (Checker bloom)<br>3. Native thistles | 1. <i>Anaphalis margaritacea</i><br>2. <i>Sidalcea malviflora</i><br>3. <i>Cirsium occidentale</i> , other <i>Cirsium</i>         | Pearly everlasting spreads by runners, deer resistant. Thistles are nectar source for various pollinators; <i>Cirsium brevistylum</i> and <i>C. occidentale</i> occur locally (per Calflora). May also use lupines. |
| West Coast Lady ( <i>Vanessa annabella</i> )   | Checker Mallow   | <i>Sidalcea malviflora</i>  | Checker mallow is a great plant for native bees, too.   |
| Red Admirable (Red Admiral) ( <i>Vanessa atalanta</i> )  | Stinging nettle  | <i>Urtica dioica</i>  | Will also use non-native nettles  |
| Mylitta Crescent ( <i>Phyciodes mylitta</i> )  | Native thistles  | <i>Cirsium occidentale</i><br><i>Cirsium brevistylum</i>  | Thistles are also a good nectar source for native butterflies, bumble bees, and other pollinators   |
| Field Crescent ( <i>Phyciodes pulchella</i> )  | California/Pacific aster   | <i>Symphotrichum (Aster) chilense</i>   | Aster spreads readily, and is used by many pollinators  |
| California Ringlet ( <i>Coenonympha californicus</i> )<br>Various skipper species  | Perennial native grasses:<br>1. Tufted Hairgrass,<br>2. bunchgrasses and fescues | 1. <i>Deschampsia cespitosa</i><br>2. <i>Stipa</i> and <i>Festuca</i> species   | While not flashy, these and other grasses are important as the larval food plants for a variety of butterfly species, and as over-wintering habitat for bumble bees.  |

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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 (canadensis)</i>            | A good late summer nectar plant, host to a few butterfly species and a number of moths  |
| California/Pacific Aster       | <i>Symphyotrichum (Aster) chilense</i>           | Good late-season (summer-fall) nectar plant for variety of pollinators, in addition to being a host for Field Crescents                     |
| Bolander's Phacelia            | <i>Phacelia bolanderi</i>                        | A popular spring nectar source for various bees (mining, digger, bumble) and moths  |
| Coyote Mint                    | <i>Monardella villosa</i>                        | A good summer nectar plant for butterflies and native bees; host for some moths, also   |
| Seaside Daisy (fleabane)       | <i>Erigeron glaucus</i>                          | ar plant for skippers; used by leafcutter bees and many others  |
| Sneezeweed                     | <i>Helenium bigelovii</i>                        | A good summer nectar sources for butterflies and bumble bees  |
| California Bee Plant           | <i>Scrophularia californica</i>                  | Very popular wth bumble bees and other bees; host plant for some moths  |
| Coyote Bush                    | <i>Baccharis pilularis</i> ssp. <i>pilularis</i> | A good late-season nectar source. <i>The 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 a host plant for several moth  |
| California Poppy, coastal form | <i>Eschscholzia californica maritima</i>         | Popular spring plant provides abundant pollen for native bees (and honey bees)  |
| Currants                       | <i>Ribes aureum</i><br><i>Ribes sanguineum</i>   | Good spring nectar sources for butterflies, hummingbirds, butterflies, and bees (including queen bumblebees when they emerge in the spring) |
| Foothill Penstemon             | <i>Penstemon heterophyllus</i>                   | A good summer nectar plant, and (inland) a larval food plant for Buckeye and Checkerspot butterflies, and for several moth species          |

### Honorable Mention (Non-natives and others)

|            |                           |   |
|------------|---------------------------|---|
| Lavender   | <i>Lavandula</i>          | Good nectar source for many insects   |
| Sunflowers | <i>Helianthus</i> species | Includes native and non-native species. Provides nectar and/or pollen to a variety of butterflies and bees. |

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