

California Native Plants that Attract Butterflies

Native Plant by Scientific Name	Plant Common Name	Nectaring Species and Notes	Larval Feeders and Notes
<i>Achillea millefolium</i>	Yarrow	Short-tongued species mainly Hairstreaks	None
<i>Acmispon americanus</i> (<i>Lotus purshianus</i>)	Spanish Lotus	Small butterflies	Eastern Tailed Blue, Acmon Blue , Persius Duskywing
<i>Acmispon glaber</i> (<i>Lotus scoparius</i>)	Deerweed	None	Acmon Blue , Silvery Blue, Bramble Hairstreak
<i>Aesculus californica</i>	California Buckeye	Major nectar source for all butterflies flying during its blooming season.	Buds, flowers and young fruit host the second generation of Echo Azure
<i>Agastache</i> species	Horsemints	Large butterflies	None
<i>Alnus rubra</i> (<i>A. oregona</i>)	Alder	None	Pale Swallowtail
<i>Amsinckia</i> species	Fiddleneck	Everything	Painted Lady
<i>Anaphalis margaritacea</i>	Pearly Everlasting	None	American Lady
<i>Angelica</i> species	Angelicas	Small species	Anise Swallowtail
<i>Apocynum cannabinum</i>	Indian Hemp	Major nectar source, especially for Hairstreaks	None
<i>Arabis</i> species	Rock Cress	Whites and Orange-Tips	Whites and Orange-Tips
<i>Aralia californica</i>	Elk Clover	Hairstreaks and other small, short-tongued butterflies	None
<i>Aristolochia californica</i>	California Pipevine	None	Pipevine Swallowtail (only host)
<i>Asclepias</i> species	Milkweeds	Excellent especially for Hairstreaks	Monarch

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<i>Baccharis pilularis</i> ssp. <i>consanguinea</i>	Coyotebush	Outstanding for all butterflies flying during its blooming season. Male plants more effective than female plants.	None
<i>Baccharis</i> species	Coyotebrush, Mule Fat	Everything	None
<i>Barbarea orthoceras</i>	Winter Cress	Sara Orange-Tip and Gray-Veined White, Whites and Orange-Tips	Sara Orange-Tip and Gray-Veined White, Whites and Orange-Tips
<i>Boechera</i> (<i>Arabis</i>) species	Rock Cress	Whites and Orange-Tips	Whites and Orange-Tips
<i>Brickellia californica</i>	Brickellbush	Woodland Skipper	None
<i>Brodiaea</i> species	Brodiaeas	Everything in spring	None
<i>Cardamine</i> (<i>Dentaria</i>) <i>californica</i>	Milkmaids	Sara Orange-Tip and Gray-Veined White	Sara Orange-Tip and Gray-Veined White
<i>Ceanothus</i> species	Wild Lilacs	Excellent nectar source	Echo Azure , Hedgerow Hairstreak, California Tortoiseshell and Pacuvius Duskywing
<i>Cephalanthus occidentalis</i>	Buttonbush	Everything, especially Swallowtails	None
<i>Cercocarpus</i> species	Mountain-Mahogany	None	Mountain-Mahogany Hairstreak
<i>Cicuta douglasii</i>	Water-Hemlock	Hairstreaks and small species	Anise Swallowtail
<i>Cirsium douglasii</i>	Swamp Thistle	Good overall nectar source	Mylitta Crescent , Painted Lady
<i>Cirsium</i> species	Native Thistles	Everything	Mylitta Crescent , Painted Lady

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<i>Clarkia</i> species	Clarkia, Farewell-to-Spring	Farmer Skipper	None
<i>Clematis</i> species	Virgin's Bower	Small, short-tongued species	None
<i>Cornus sericea</i>	Red-Twig Dogwood	Various butterflies	Echo Azure
<i>Cornus</i> species	Dogwoods	Many for the shrubby species	Echo Azure
<i>Croton (Eremocarpus) setigerus</i>	Doveweed	Common Buckeye, Gray Hairstreak, Acmon Blue, and small Skippers	Gray Hairstreak
<i>Deinandra (Hemizonia) species</i>	Tarweeds	Many	None
<i>Dichelostemma capitatum</i>	Blue Dicks	Major nectar source in early spring	None
<i>Diplacus (Mimulus) aurantiacus</i>	Bush Monkeyflower	None	Variable Checkerspot
<i>Distichlis spicata</i>	Saltgrass	None	Sandhill Skipper, Fiery Skipper
<i>Epilobium brachycarpum</i> (<i>E. paniculatum</i>)	Willow Herb	Woodland Skipper and Cabbage White	None
<i>Epilobium canum</i>	California Fuchsia	Anise and Pipevine Swallowtails	None
<i>Ericameria linearifolia</i>	Interior Goldenbush	Many species	None
<i>Ericameria</i> species	Rabbitbrush	Everything	None
<i>Eriodictyon californicum</i>	Yerba Santa	Everything	None
<i>Eriogonum nudum</i>	Naked Buckwheat	Excellent	Acmon Blue and Bramble Hairstreak

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<i>Eriogonum</i> species	Wild Buckwheats	Excellent for many butterflies	Several Blues and Coppers, Gorgon Copper and Bramble Hairstreak
<i>Erythranthe (Mimulus)</i> species	Monkeyflowers	None	Common Buckeye and Variable Checkerspot
<i>Eurybia (Aster) radulina</i>	Aster	Outstanding for all butterflies	Field Crescent, Northern Checkerspot
<i>Euthamia occidentalis</i>	Western Goldenrod	Everything	None
<i>Frangula (Rhamnus) californica</i>	California Coffee Berry	Hairstreaks	Pale Swallowtail
<i>Fraxinus dipetala</i>	Flowering Ash	None	Two-Tailed Swallowtail
<i>Gnaphalium palustre</i>	Cudweed	None	American Lady
<i>Grindelia camporum</i>	Gum Plant	Especially for Great Copper	None
<i>Helenium</i> species	Sneezeweeds	Many	None
<i>Helianthella castanea</i>	Mt. Diablo Helianthella	Many	None
<i>Helianthus californicus</i>	California Sunflower	Many	None
<i>Heliotropium</i> species	Native Heliotropes	Many	None
<i>Hemizonia</i> species	Tarweeds	Many	None
<i>Heracleum maximum (H. lantum)</i>	Cow Parsnip	Small butterflies	Anise Swallowtail
<i>Heterotheca</i> species	Golden Asters	Various	None in our area
<i>Hosackia (Lotus) crassifolia</i> var. <i>crassifolia</i>	Giant Lotus	None	Silver-Spotted Skipper and Northern Cloudy-Wing

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<i>Keckiella</i> species	Bush Penstemons	None	Variable Checkerspot
<i>Lathyrus</i> species	Native Sweet-Peas	Spotty	Western Tailed Blue, Silvery Blue, Boisduval's Blue, Northern Cloudy- Wing, Persius Duskywing
<i>Lathyrus vestitus</i>	Pacific Pea	Many	Western Tailed Blue, Silvery Blue, Boisduval's Blue, Northern Cloudy-Wing and possibly Persius Duskywing
<i>Ligusticum apiifolium</i>	Celery-Leaved Lovage	None	Anise Swallowtail
<i>Ligusticum</i> species	Lovages	Small species	Anise Swallowtail
<i>Lomatium</i> species	Biscuitroots	Hairstreaks and Blues	Anise Swallowtail
<i>Lupinus albifrons</i>	Silver Bush Lupine	None	Boisduval's and Silvery Blues
<i>Malvella leprosa</i>	Alkali Mallow	None	Common Checkered Skipper and Small Checkered Skipper, West Coast Lady and Painted Lady
<i>Monardella</i> species	Coyotemints	Everything; especially good for Fritillaries	None
<i>Monardella villosa</i>	Coyotemint	Excellent for many species	None
<i>Oenanthe sarmentosa</i>	Water Parsley	Great Copper	Anise Swallowtail
<i>Perideridia</i> species	Yampahs	Small species	Anise Swallowtail
<i>Phacelia</i> species	Phacelias	Everything	Painted Lady
<i>Philadelphus lewisii</i>	Mock Orange	Larger butterflies	None

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<i>Phyla (Lippia) nodiflora</i>	Frog Fruit	Everything	Common Buckeye
<i>Platanus racemosa</i>	Western Sycamore	None	Western Tiger Swallowtail and Two-Tailed Swallowtail
<i>Prunella vulgaris</i> var. <i>lanceolata</i>	Heal-All	Outstanding for Skippers	None
<i>Pseudognaphalium (Gnaphalium)</i> species	Cudweeds	None	American Lady
<i>Ptelea crenulata</i>	Hop Tree	None	Two-Tailed Swallowtail
<i>Quercus</i> species	Oaks	None	Several Hairstreaks and Skippers, Mournful Duskywing and California Sister
<i>Rhododendron occidentale</i>	Western Azalea	Variable Checkerspot and Pipevine Swallowtail	None
<i>Ribes</i> species	Currants	None	Tailed Copper and Zephyr Anglewing
<i>Rumex</i> species	Docks	None	Great Copper and Purplish Copper
<i>Salix</i> species	Willows	Mourning Cloak and other very early species	Mourning Cloak, Lorquin's Admiral and Sylvan Hairstreak
<i>Scrophularia californica</i>	Bee Plant	None	Variable Checkerspot
<i>Sidalcea malviflora</i>	Checkerbloom	None	Painted Lady, West Coast Lady, Common Checkered Skipper and Gray Hairstreak
<i>Solidago</i> species	Goldenrods	Many	None

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<i>Symphotrichum (Aster) species</i> Particularly <i>S. chilense</i> , <i>S. lentum</i> , <i>S. subspicatum</i> , <i>S. subulatum</i> var. <i>parvifolium</i>	American-Aster	Outstanding for all butterflies	Field Crescent
<i>Trichostema lanceolatum</i>	Vinegar Weed	Skippers (especially Woodland Skipper) and Pipevine Swallowtail	None
<i>Triteleia species</i>	Triteleias	Everything in spring	None
<i>Urtica dioica</i> ssp. <i>holosericea</i>	Hoary Nettle	None	Red Admiral, West Coast Lady, Milbert's Tortoiseshell and Satyr Comma
<i>Vicia species</i>	Vetches	Nectar source for medium-to-large butterflies	Western and Eastern Tailed Blue, Silvery Blue and Orange Sulphur
<i>Viola species</i>	Violets	None	True Fritillaries (<i>Speyeria</i> species)
<i>Wyethia species</i>	Mule's Ears	Many, especially Skippers	None