

Native Plants for Caterpillars and Butterflies

Common Name	Scientific Name	Larval host (Food) for the following butterfly and moth caterpillars:	Nectar ?	Sun or Shade?
Big Bluestem	<i>Andropogon gerardii</i>	Delaware Skipper, Dusted Skipper, Swarthy Skipper, Crossline Skipper		Sun
Broomsedge	<i>Andropogon virginicus</i>	Zabulon Skipper, Swarthy Skipper, Crossline Skipper		Sun
Pussytoes	<i>Antennaria plantaginifolia</i>	American Lady Butterfly	Nectar	Sun
Milkweed species	<i>Asclepias</i> species	Monarch Butterfly	Nectar	Sun
Pawpaw	<i>Asimina triloba</i>	Zebra Swallowtail butterfly		Sun/Shade
Blue wood-aster	<i>Aster cordifolius</i>	Silvery Checkerspot, Pearl Crescent	Nectar	Shade
New England Aster	<i>Aster novae-angliae</i>	Painted Lady, Pearl Crescent	Nectar	Sun
False blue indigo	<i>Baptisia australis</i>	Clouded Sulfur, Eastern-Tailed Blue, Hoary Edge, Wild Indigo Duskywing		Sun
Yellow False indigo	<i>Baptisia sphaerocarpa</i>	Wild Duskywing		Sun
Trumpet Vine	<i>Campsis radicans</i>	Trumpet Vine Sphinx moth	Nectar	Sun
New Jersey tea	<i>Ceanothus americanus</i>	Spring Azure, Summer Azure, Mottled Duskywing	Nectar	Sun
Hackberry tree	<i>Celtis occidentalis</i>	American Snout, Tawny Emperor		Sun/Shade
Northern Sea oats	<i>Chasmanthium latifolium</i>	Common Roadside Skipper		Sun/Shade
turtlehead	<i>Chelone glabra</i>	Baltimore Checkerspot Butterfly	Nectar	Sun

Fringetree	<i>Chionanthus virginicus</i>	Rustic Sphinx moth		Shade
Flowering Dogwood	<i>Cornus florida</i>	Spring Azure, Cecropia silkmoth		Sun/Shade
Persimmon	<i>Diospyros virginiana</i>	Luna moth		Sun
purple coneflower	<i>Echinacea purpurea</i>	*Note: native to midwest, but not invasive in VA. Host to Silvery Checkerspot butterfly	Nectar	Sun
purple lovegrass	<i>Eragrostis spectabilis</i>	Zabulon Skipper		Sun
Wild Strawberry	<i>Fragaria virginiana</i>	Appalachian Grizzled Skipper, Gray Hairstreak	Nectar	Sun/Shade
Smooth Hydrangea	<i>Hydrangea arborescens</i>	Hydrangea Sphinx moth		Shade
Winterberry Holly	<i>Ilex verticillata</i>	Henry's Elfin		Sun
Mountain Laurel	<i>Kalmia latifolia</i>	Laurel Sphinx moth	Nectar	Shade
Canadian woodnettle	<i>Laportea canadensis</i>	Red Admiral		Shade
Spicebush	<i>Lindera benzoin</i>	Spicebush Swallowtail, Promethea silkmoth, Eastern Tiger Swallowtail		Sun/Shade
Honeysuckle	<i>Lonicera sempervirens</i>	Snowberry Clearwing Moth	Nectar	Sun
Sundial Lupine	<i>Lupinus perennis</i>	Karner Blue, Frosted Elfin	Nectar	Sun
Allegheny monkeyflower	<i>Mimulus ringens</i>	Baltimore Checkerspot, Common Buckeye	Nectar	Sun
Panic Grass	<i>Panicum virgatum</i>	Tawny-Edged Skipper, Delaware Skipper		Sun
Maypops	<i>Passiflora incarnata</i>	Variegated Fritillary	Nectar	Sun

May Apple	<i>Podophyllum peltatum</i>	Variegated Fritillary		Shade
Chokecherry	<i>Prunus virginiana</i>	Lorquin's Admiral, Tiger Swallowtail, Two-Tailed Swallowtail, Spring Azure, Coral Hairstreak, Small-Eyed Sphinx moth	Nectar	Sun
Clustered mountainmint	<i>Pycnanthemum muticum</i>	Wavy-Lined Emerald, Gray Hairstreak	Nectar	Sun
Staghorn Sumac	<i>Rhus typhina</i>	Red-Banded Hairstreak	Nectar	Sun
browneyed Susan	<i>Rudbeckia triloba</i>	Silvery Checkerspot	Nectar	Sun
Black Willow	<i>Salix nigra</i>	Viceroy, Mourning Cloak, Red-Spotted Purple, Tiger Swallowtail, Eastern Comma, Dreamy Duskywing		Sun
Sassafras	<i>Sassafras albidum</i>	Spicebush Swallowtail, Promethea silkmoth, Palamedes Swallowtail		Sun/Shade
American Senna	<i>Senna hebecarpa</i>	Cloudless Sulphur, Orange Sulphur, Sleepy Sulphur	Nectar	Sun
Indiangrass	<i>Sorghastrum nutans</i>	Pepper and Salt Skipper		Sun
White crownbeard	<i>Verbesina virginica</i>	Silvery Checkerspot	Nectar	Sun
New York ironweed	<i>Vernonia noveboracensis</i>	American Lady Butterfly	Nectar	Sun
Arrowwood Viburnum	<i>Viburnum dentatum</i>	Hummingbird Clearwing Moth, Spring Azure	Nectar	Sun
Bird's Foot Violet	<i>Viola pedata</i>	Regal Fritillary, Silver-bordered Fritillary, Great Spangled Fritillary, others		Shade
Walter's Violet	<i>Viola walteri</i>	Silver-bordered Fritillary, Great Spangled Fritillary, others		Shade
American Wisteria	<i>Wisteria frutescens</i>	Silver-spotted Skipper, Long-tailed skipper	Nectar	Sun

Giant Cutgrass	Zizaniopsis miliacea	Least Skipper		Sun
Golden Alexander	Zizia aurea	Black Swallowtail	Nectar	Sun

Windmill Heights Garden Center
1901 Broad Street, Culpeper, Virginia
Phone: 540-825-2059