



## SUGGESTIONS FOR A TIDEWATER VIRGINIA BUTTERFLY GARDEN

Habitat destruction is the butterfly's greatest enemy. To help counteract this in a small way, plant butterfly nectar and host plants in a sunny, protected space in your garden or even in pots on your deck or patio. If you can, leave some grassy, weedy patches unmowed on your property.

If you can't have but one nectar plant, make it a plant that blooms all season long---Spring to Fall. If you don't have room for but one kind of host plant, make it parsley or fennel. Then start to add milkweed plants. If you get really interested in butterfly gardening (and it is fascinating), there are a number of excellent books on the subject. For a list of some of these references, beautiful pictures, and lots more information, visit the Butterfly Society of Virginia's website, [www.butterflysocietyofva.org](http://www.butterflysocietyofva.org), and join us on Facebook.

<b>Nectar Sources: Shrubs</b>	
Butterfly Bush (Buddleia)	Can be used as a shrub or pruned as a small tree. Colors: purple, blue, pink, and white. Blooms from early summer to frost. Prune in early spring as it blooms on new wood.
Vitex or Chaste Tree (Vitex agnus-castus)	Shrub or small tree with spikes of flowers. Blue, purple and white.
Abelia (especially Abelia chinensis)	Hardy evergreen to semi deciduous shrub. Small bell-shaped white to pink flowers in clusters.
Glorybower (Clerodendrum trichotomum)	Can be pruned as shrub or grown as small tree. Highly fragrant pinkish white flowers in clusters.
Lantana, aka Shrub Verbena (Lantana camara 'Miss Huff')	"Miss Huff's Hardy" winters over in Tidewater. Orange and pink blooms.
Buttonbush (Cephalanthus occidentalis)	Loves moist areas. Can be pruned as shrub or grown as small tree. Round white flowers in July that are a butterfly magnet. Prune spent blooms promptly to encourage second bloom.
<b>Nectar Sources: Perennials</b>	
Verbenas (V. bonariensis; V. brasiliensis; V. rigida). Also, "Homestead Purple", a cultivar of V. Canadensis.	"Pretty Verbena", "Purple Top", or "Cluster Top"; "Brazilian Verbena"; "Tuberous Vervain": Various verbenas with clusters of small purple flowers on tall, rigid stems. "Homestead Purple" is a creeping verbenas, blooms all summer, most popular with butterflies.
Garden Phlox (Paniculata)	Tall, bloom in midsummer. Pink seems to attract butterflies especially well.
Sedum (Spectabile)	"Brilliant," a pink sedum, is extremely popular with butterflies. Also "Autumn Joy," which blooms later.
Butterfly Weed (Asclepias tuberosa)	Bright orange blooms. Interesting seedpods. Member of milkweed family. Besides being a nectar plant, is used by Monarchs as host plant if other milkweeds are not available.
Purple Coneflower (Echinacea purpurea)	Blooms throughout summer. Do not deadhead too soon as butterflies and bees continue to visit after petals have faded.
Joe Pye Weed (Eupatorium)	Some can be 6' tall, others not so high. Huge pink blooms made up of many small flowers. Gets mixed reviews in Tidewater - attracts butterflies in some gardens, in others does not.
Goldenrods (Solidago)	Nectar plants in fall, especially for Monarchs migrating south.

<b>Nectar Sources: Annuals</b>	
Zinnias	Single Zinnias preferred by butterflies. Pink seems especially attractive. Do not deadhead too promptly as butterflies continue to visit after bloom has passed peak.
Impatiens	All colors.
Pentas	All colors.
Cosmos	All colors.
Tithonia (Mexican Sunflower)	Multi-stemmed plant about 3' tall. Spectacular bright orange blooms.
Vinca	Butterflies seem to be especially attracted to red-eyed white.
<b>Host Sources: Perennials/Annuals</b>	
Parsley (Petroselinum crispum), Fennel (Foeniculum vulgare), and other members of the carrot family	Host plants for Eastern Black Swallowtails. (Those are not "parsley worms". They are butterfly caterpillars!) *****Also try carrots from seed and Golden Alexander (Zizia aurea)*****
Milkweed (Asclepias species, perennial except as noted)	Including Common (A. syriaca), Butterfly Weed (A. tuberosa), Swamp (A. incarnata), Purple (A. purpurascens), and Mexican milkweed (A. curassavica, grown here as an annual). Attract Monarchs both as nectar plants and host plants. Milkweeds transmit a protective toxicity to Monarchs which makes them unpalatable to birds.
Violets (Viola species)	Host to Variegated Fritillaries. Host in other parts of the state for Greater Fritillaries.
<b>Host Sources: Shrubs and Trees</b>	
Sassafras (Sassafras albidum)	Can be kept shrubby or grown as tree. Host to Spicebush Swallowtail.
Spice Bush (Lindera benzoin)	Host to Spicebush Swallowtail. Grows 6' to 12' high.
Paw Paw (Asimina triloba)	Host to Zebra Swallowtail.
Wild Black Cherry (Prunus serotina)	Can be kept pruned or grown as tree. Host to Tiger Swallowtail, Red-spotted Purple, and Viceroy.
Tulip Poplar (Liriodendron tulipifera)	Host to Eastern Tiger Swallowtail.
Swamp Cottonwood (Populus heterophylla)	Host to Red-spotted Purple and Viceroy.
Willow (Salix)	Host to Red-spotted Purple and Viceroy.
Swamp Bay (Persea palustris) and Red Bay (P. borbonia)	Host to Palamedes Swallowtail.
<b>Host Sources: Vines</b>	
Passion Vine (Passiflora Incarnata)	Host to Gulf and Variegated Fritillary.
American Wisteria (Wisteria frutescens)	Host to Silver-spotted Skipper, Long-tailed Skipper. Nectar for Juvenal's Dusky Wing.
Dutchman's Pipe (Aristolochia tomentosa or Aristolochia macrophylla)	Host to Pipevine Swallowtail. Vine for trellis or arbor. There is also a groundcover called Virginia Snakeroot (Aristolochia serpentaria) that is also a host plant.

The Butterfly Society of Virginia is a non-profit organization dedicated to education, conservation, gardening (both private & public), & volunteering for the benefit of the butterfly and moth populations of the Commonwealth of Virginia.

For membership information, email [admin@butterflysocietyofva.org](mailto:admin@butterflysocietyofva.org) or join online [www.butterflysocietyofva.org](http://www.butterflysocietyofva.org).