

Other Foods and Needs

- Butterflies can't get all their required nutrients from nectar, their flight fuel. They find muddy areas to drink water and suck up salts and minerals. Provide a mud puddle near an outdoor faucet or a large dish or saucer with mud and water.
- Try giving them a dish of lightly salted water with a sponge in it to land on; sea salt is best because it contains additional micronutrients.
- Butterflies like rotting fruit so don't throw away that overripe apple or banana, peel it and set it outside
- If their body temperature drops below 86 degrees butterflies can't fly. On cool mornings you will see them resting on low growing ground covers and nectar sources. Placing a rock in a sunny site will give them a place to rest and absorb heat. Also give some shelter from wind.
- Most caterpillars prefer their native diets and if you have a wild area with their preferred foods available, they will mostly leave your ornamentals alone.
- Butterflies are very sensitive so don't use any pesticides. But if you must, apply it at night when butterflies don't fly and be very selective to your target.
- Butterflies have good vision; they prefer brightly colored and flat, clustered flowers that provide a landing pad.



Butterfly Gardening

**For more information
visit the Master Gardener
Diagnostic Clinic
May through September
Tuesdays 11:30 a.m. - 2:30 p.m.**

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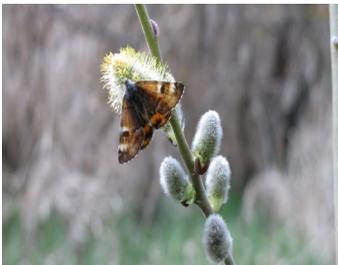
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Different Lifestyles

- Butterfly larvae are caterpillars with voracious appetites, but the good news is they only last a couple of weeks before they pupate into butterflies.
- Not all caterpillars become butterflies, some are moths. You may want to get an insect book with color photographs to identify your leaf eating guests.
- To have butterflies in your garden you must provide both the host plants that caterpillars like and nectar plants that butterflies like.
- Caterpillars eat by chewing leaves and plant parts. Butterflies suck nectar through tube-like mouthparts called a proboscis.
- Mom butterfly can taste with her feet so she looks for good caterpillar host plants to lay her eggs on and nectar plants for herself.



Plant Your Garden with Food Sources for Caterpillars and Butterflies

**Remember food plants are for caterpillars and nectar plants are for butterflies*

Swallowtail - **Food plants:** Big leaf maple, willow, aspen, birch, poplar, cottonwood, cascara, cherry, alder, apple, serviceberry, hawthorn, sycamore, spirea, current, fennel, cow parsnip, angelica and wild carrot. **Nectar sources:** Butterfly weed, Penstemon, garden mint, zinnia, lantana, common lilac, mock orange, blackberry, thistle, phlox, lavender, verbena, honeysuckle, sweet William, clove pink, giant hyssop (agastache) and columbine.

Pine White - **Food plants:** Western white pine, ponderosa pine, Douglas-fir, fir, hemlock, and red cedar. **Nectar sources:** Butterfly weed, dusty miller, daisies, coreopsis, lobelia, goldenrod, strawflower.

Spring Azure - **Food plants:** Flower parts and seeds of dogwood, oak, buckthorn, apple, viburnum, cherry, plum, sumac, blueberry, cotoneaster, cinquefoil. **Nectar sources:** Cherry, plum, willow, mountain-lilac, rock cress, blackberry, cotoneaster, milkweed, forget-me-not, dandelion, violet, miner's lettuce and many plants in the mustard family.

Silvery Blue - **Food plants:** Mostly lupine, also wild pea, vetch, clover and other legumes. **Nectar sources:** Cherry, plum, coneflower, desert-parsley, lupine.

Red Admiral - **Food plants:** Mostly stinging nettle. **Nectar sources:** They prefer sap flows on trees, fermenting fruit and bird droppings but when not available they will visit these flowers: Daisy, aster, thistle, dandelion, goldenrod, gayfeather, ageratum, milkweed, candytuft, alfalfa, sedum, wallflower, fireweed, red clover, mallow, sea-holly, garden mint, red valerian, Penstemon, spirea, germander.

Painted Lady - **Food plants:** Mostly thistle, also sunflower, pearly everlasting, stinging nettle, borage, hollyhock, legumes. **Nectar sources:** Oregon grape, rabbitbrush, butterfly weed, zinnia, dandelion, thistle, gayfeather, aster, daisy, cosmos, garden mint, sweet William, red valerian, red clover, milkweed, pincushion flower (scabiosa) wallflower, candytuft, coneflower.

Mylytta Crescent - **Food plants:** Thistle. **Nectar sources:** Pearly everlasting, goldenrod, aster.

Satyr Comma - **Food plants:** Stinging nettle. **Nectar sources:** Dandelion, aster, blackberry, rotting fruit, tree sap.

Common Wood Nymph - **Food plants:** grasses. **Nectar sources:** Coneflower, sunflower, Penstemon, spirea, mock orange, alfalfa, clematis, rotting fruit, tree sap.

Woodland Skipper - **Food plants:** Grasses – caterpillars feed at night. **Nectar sources:** Caryopteris (bluebeard) lavender, oregano, coreopsis, pearly everlasting, statice, black-eyed Susan, thistle, dandelion, marigold, sedum, lobelia, aster.

Great Spangled Fritillary - **Food plants:** various violet species. **Nectar sources:** milkweed, thistle, dogbane, mountain laurel, verbena, vetch, bergamot (bee balm) red clover, joe-pye weed, purple coneflower.

Source material from Washington Department of Fish and Wildlife