

Butterfly Host Plants for Western NC

An incomplete list that highlights native plants suitable for gardens

TREES

- American hornbeam *Carpinus caroliniana*
- Birch *Betula sp.*
- Black cherry *Prunus serotina*
- Black locust *Robinia pseudacacia*
- Choke cherry *Prunus virginiana*
- Flowering dogwood *Cornus florida*
- Hackberry *Celtis sp.*
- Honey locust *Gleditsia triacanthos*
- Oaks *Quercus sp.*
- Poplars *Populus sp.*
- Red maple *Acer rubrum*
- Sassafras *Sassafras albidum*
- Serviceberry *Amelanchier sp.*
- Black willow *Salix nigra*
- Yellow poplar *Liriodendron tulipifera*

SHRUBS

- Spicebush *Lindera benzoin*
- False indigo *Amorpha fruticosa*

PERENNIALS & BIENNIALS

- Dutchman's pipe *Aristolochia macrophylla*
- *Asclepias* milkweeds including
 - Butterflyweed *Asclepias tuberosa*
 - Common Milkweed *Asclepias syriaca*
 - Swamp Milkweed *Asclepias incarnata*
- White heath aster *Symphyotrichum pilosum*
- Black cohosh *Cimicifuga racemosa*
- Blue indigo *Baptisia australis*
- Common plantain *Plantago rugelii*
- Pussytoes *Antennaria solitaria*
- Sunflowers *Helianthus* including
 - Jerusalem Artichoke *Helianthus tuberosus*
 - Pale-leaved Sunflower *Helianthus strumosus*
 - Thinleaved Sunflower *Helianthus decapetalus*
- Toothworts including
 - Cutleaf toothwort *Cardamine concatenata*
 - Crinkleroot *Dentaria diphylla*
- Carolina vetch *Vicia carolina*
- Violets *Viola* including
 - Common blue violet *Viola sororia*
 - Marsh blue violet *Viola cucullata*
 - Striped cream violet *Viola striata*

- Wingstem *Verbesina alternifolia*

GRASSES

- Woolly beard grass *Saccharum alopecuroides*
- Purpletop *Tridens flavus*
- Little bluestem *Schizachyrium scoparium*
- Muhly grass *Muhlenbergia capillaris*

BIBLIOGRAPHY

The following is the web page http://www.rlephoto.com/species_list.htm from which much of the info about host plants came. It is entitled "Butterflies of the Carolinas and Virginia" by Randy L. Emmitt. There are some very nice pictures of each butterfly and tips on how to distinguish them from similar species.

Original data compiled by Sue Vrooman and updated by Alicia Hulse