

Central Missouri Native Host Plants for Butterflies

All native flowers are good food source for native pollinators like bees and butterflies; they have evolved with one another. Fall blooming natives are especially important in nourishing the migrating insects and preparing the adults and caterpillars for winter.

The best plan for a pollinator garden is to plant a diversity of native plants; perhaps 30 different native species grown from a local seed source.

Find a local distributor in the Grow Native Resource guide at www.grownative.org

Ask a member or learn more by joining the local Hawthorn Chapter Missouri Native Plant Society at www.columbianativeplants.org

Information summarized from

Allen, T.J., Brock, J. P., & Glassberg, J.: 2005.

Caterpillars in the field and garden: a field guide to the butterfly caterpillars of North America.

Oxford University Press, Inc., New York, NY.

Richard, J. & Heitzman, J. E.: 1996. Butterflies and moths of Missouri. Conservation Commission of the State of Missouri, Jefferson City, MO.



Monarch (*Danaus plexippus*) on New England Aster (*Aster novae-angliae*)



Tiger Swallowtail, black form (*Pterourus glasucus glasucus*) on Prairie Blazing Star (*Liatris pycnostachia*)



***Hawthorn Chapter of the
Missouri Native
Plant Society***

*Compiled by Janice Albers
Pictures by Becky Erickson*

Full Sun, Medium to Dry Soil

Host Plant (<i>Genera</i>)	Caterpillar (<i>Family</i>)
Aster (<i>Asteraceae</i>)	Checkerspot, Pearl Crescent (<i>Nymphalidae</i>)
Butterfly, Common, Spider, Tall Green, Whorled Milkweeds (<i>Asclepias</i>)	Monarch (<i>Danaidae</i>)
White or Cream Indigo (<i>Baptisia</i>) and New Jersey Tea (<i>Ceanothus</i>)	Duskywing (<i>Hesperioidea</i>)
Leadplant (<i>Amorpha</i>)	Dogface (<i>Pieridae</i>)
Passion Vine (<i>Passiflora</i>)	Fritillary (<i>Nymphalidae</i>)
Partridge Pea (<i>Cassia</i>)	Sulphur (<i>Pieridae</i>)
Sunflowers (<i>Helianthus</i>)	Sulphur (<i>Pieridae</i>), Checkerspot (<i>Nymphalidae</i>)



Checkered Skipper (*Pyrgus communis*) on Aster sp.

Grasses
 Skippers (*Hesperioidea*),
 Satyr (*Satyridae*),
 Wood-Nymph (*Satyridae*),
 Glassywing (*Hesperioidea*),
 Pearly-Eye (*Satyridae*), Broken-Dash (*Hesperioidea*)

Full Sun, Moist/Wet Soil



Great Spangled Fritillary (*Speyeria cybele*) on Purple Milkweed (*Asclepias purpurascens*)

Host Plant (<i>Genera</i>)	Caterpillar (<i>Family</i>)
Swamp Milkweed (<i>Asclepias</i>)	Monarch (<i>Danaidae</i>)
Turtlehead (<i>Chelone</i>)	Checkerspot (<i>Nymphalidae</i>)
Sunflowers (<i>Helianthus</i>)	Sulphur (<i>Pieridae</i>), Checkerspot (<i>Nymphalidae</i>)
sedges	Skippers (<i>Hesperioidea</i>)



Sulphur (*Phoebis* sp.) on Pale Purple Coneflower (*Echinacea pallida*)

Part Sun, Medium to Moist Soil

Host Plant (<i>Genera</i>)	Caterpillar (<i>Family</i>)
Golden Alexanders (<i>Zizia</i>)	Woodland Swallowtail (<i>Papilionoidea</i>)
Purple Milkweed (<i>Asclepias</i>)	Monarch (<i>Danaidae</i>)
Monkey Flower (<i>Mimulus</i>)	Common Buckeye (<i>Nymphalidae</i>)
Pipevine (<i>Aristolochia</i>)	Pipevine Swallowtail (<i>Papilionoidea</i>)
Pussy Toes (<i>Antennaria</i>)	American Painted Lady (<i>Nymphalidae</i>)
Spicebush (<i>Lindera</i>)	Spicebush Swallowtail (<i>Papilionoidea</i>)
Violet (<i>Viola</i>)	Fritillary (<i>Nymphalidae</i>)
Aromatic Sumac (<i>Rhus</i>)	Red-Banded Hairstreak (<i>Lycaenidae</i>)



Gorgone Checkerspot (*Charidryas gorgone*)