

Butterfly Nectar (and Host) Plants for Central Texas

Updated: March 18, 2018

Mike Quinn, past president
Austin Butterfly Forum
www.austinbutterflies.org

entomike@gmail.com
512-577-0250

Other Texas Insect Plant Lists
<http://texasento.net/plnts.htm>

**The following native nectar plants will attract a wide variety of butterflies and other insects.
Plant the appropriate caterpillar host plants to provide larval food for specific butterflies.**

Plant Family	Common Name	Scientific Name	Bloom Period	Notes
--------------	-------------	-----------------	--------------	-------

Apiaceae – Carrot Family

Queen Anne's Lace, Wild Carrot *Daucus carota* summer
(Dill, parsley, & fennel are all hosts for the Black Swallowtail whose caterpillar is similar to the Monarch's)

Asclepiadaceae - Milkweed Family – Top Nectar Source

Milkweed, Butterflyweed *Asclepias spp.* summer (nectar rich family)
(Monarch & Queen host)

Asteraceae - Aster Family – Top Nectar Source

Spanish Needles *Bidens bipinnata* summer, fall (nectar rich family)
Shrubby Boneset, Thoroughwort *Eupatorium havanense* fall, winter
Gregg's Mistflower *Eupatorium greggii* summer, fall (superb for Queens)
Blazing Star, Gayfeather *Liatris mucronata* fall
Camphorweed, Goldenaster *Heterotheca canescens* fall
Climbing Hempweed *Mikania scandens* summer
Palafoxia *Palafoxia sp.* summer, fall (annual)
Groundsel *Senecio sp.* spring, summer (annual)
Bush Sunflower *Simsia calva* summer, fall
Goldenrod *Solidago spp.* fall (fall nectar for Monarchs)
Mexican Mint Marigold *Tagetes lucida* fall
Cowpen Daisy *Verbesina encelioides* summer, fall (annual w/ lots of seeds)
Frostweed *Verbesina virginica* fall (fall nectar for Monarchs)
Zexmenia *Wedelia hispida* summer, fall

Berberaceae - Barberry Family

Agarita *Berberis trifoliolata* spring (xeric shrub)

Boraginaceae - Borage Family

Anacua *Ehretia anacua* spring (tree)
Heliotrope *Heliotropium sp.* fall

Campanulaceae - Bellflower Family

Cardinal Flower *Lobelia cardinalis* summer, fall (grows in moist soil)

Fabaceae - Legume Family

Eastern Redbud *Cercis canadensis* spring
Texas Kidneywood *Eysenhardtia texana* summer (good for bees too)

Hydrophyllaceae - Waterleaf Family

Blue-curls, Caterpillars *Phacelia congesta* summer (good for bees too)

Lamiaceae - Mint Family – Top Nectar Source			(nectar rich family)
Mealy Blue Sage	<i>Salvia farinacea</i>	summer	
Tropical Sage, Tropical Salvia	<i>Salvia coccinea</i>	summer, fall	
Lemon Beebalm, Horsemint	<i>Monarda citriodora</i>	summer	
Wild Bergamot	<i>Monarda fistulosa</i>	summer	
Spotted Beebalm, Horsemint	<i>Monarda punctata</i>	summer	
Liliaceae - Lilly Family			
Meadow Garlic, Wild Onion	<i>Allium canadense</i>	spring	
Drummond's Onion	<i>Allium drummondii</i>	early spring	
Loganiaceae – Butterfly-Bush Family			
Wand butterflybush	<i>Buddleja racemosa</i>	summer	(this species is native)
Malvaceae - Mallow Family – Top Nectar Source			
Turk's Cap	<i>Malvaviscus arboreus</i>	summer, fall	(grows in shade)
Rose Pavonia	<i>Pavonia lasiopetala</i>	summer, fall	
Oleaceae - Olive Family			
Elbowbush	<i>Forestiera pubescens</i>	spring	(one of the 1st to bloom)
Rhamnaceae - Buckthorn Family			
Brasil, Condalia	<i>Condalia hookeri</i>	spring	(shrub, tree)
Rosaceae - Rose Family			
Carolina Laurel Cherry	<i>Prunus caroliniana</i>	spring	(Prunus are all trees)
Mexican Plum	<i>Prunus mexicana</i>	spring	
Texas Almond	<i>Prunus minutiflora</i>	spring	
Hog Plum	<i>Prunus rivularis</i>	spring	
Escarpment Black Cherry	<i>Prunus serotina</i>	spring	
Rubiaceae - Madder Family – Top Nectar Source			
Common Buttonbush	<i>Cephalanthus occidentalis</i>	summer	(grows in moist soil)
Sapindaceae - Soapberry Family			
Western Soapberry	<i>Sapindus drummondii</i>	early summer	
Mexican Buckeye	<i>Ungnadia speciosa</i>	spring	
Vitaceae - Grape Family			
Peppervine	<i>Ampelopsis sp.</i>	summer	
Grapes	<i>Vitis sp.</i>	fall	(fermenting fruit as bait)
Verbenaceae - Verbena Family – Top Nectar Source			(nectar rich family)
Whitebrush, Beebrush	<i>Aloysia gratissima</i>	summer, fall	
Texas Lantana	<i>Lantana horrida</i>	summer, fall	
Bushy Lippia	<i>Lippia alba</i>	summer, fall	
Mexican Oregano	<i>Lippia graveolens</i>	summer, fall	
Lanceleaf Frogfruit	<i>Phyla lanceolata</i>	spring to fall	(ground cover)
Rose Mock Vervain	<i>Verbena canadensis</i>	spring to fall	

Above list of nectar plants primarily modified from Dr. Chris Durden's plant list linked here:

Central Texas Butterfly Gardening - Nectar Sources and Butterfly Attractants

<http://bit.ly/2GDfG7c>