

**Select Butterflies for NW California, and Associated Native Larval Food (Host) Plants,
With emphasis on coastal Humboldt County (west of Lord Ellis Summit)**

Butterfly Species	Larval Food Plant- common name	Plant- Scientific name	Notes
Western Tiger Swallowtail (<i>Papilio rutulus</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	For larger yards (particularly <i>S. hookeriana</i>)
Anise swallowtail (<i>Papilio zelicaon</i>)	1. Coast angelica 2. Lomatium 3. Yampah	1. <i>Angelica hendersonii</i> 2. <i>Lomatium dissectum</i> , <i>L. macrocarpum</i> 3. <i>Perideridia</i> species	The most-used host plant is the non-native and invasive Fennel (<i>Foeniculum vulgare</i>), but not recommended
Orange Sulphur (<i>Colias eurytheme</i>)	1. Bird's foot trefoil 2. Lupines	1. <i>Acmispon americanus</i> 2. <i>Lupinus rivularis</i> , <i>Lupinus polyphyllus</i>	Painted Lady may also use lupines
Echo (Spring) Azure (<i>Celastrina echo</i>)	Ceanothus shrubs	<i>Ceanothus</i> "Skylark" from local nurseries is compact, does well in coastal climate	
Acmon Blue (<i>Icaricia acmon</i>)	Coast buckwheat	<i>Eriogonum latifolium</i>	Particularly likely to attract this species on the north spit area (Manila, Samoa, etc.), or near open areas (Blue Lake, ...)
Lorquin's Admiral (<i>Limenitis lorquini</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	
Painted lady (<i>Vanessa cardui</i>)	1. Checkermallow, Checkerbloom 2. Pearly everlasting 3. Native thistles	1. <i>Sidalcea malviflora</i> 2. <i>Anaphalis margaritacea</i> 3. <i>Cirsium occidentale</i> , other <i>Cirsium</i>	Pearly everlasting spreads by runners, deer resistant. Thistles are used as nectar source by various species. Besides <i>C. occidentale</i> , <i>C. brevistylum</i> occurs locally (Calflora)
West Coast Lady (<i>Vanessa annabella</i>)	Checker mallow, Checker bloom	<i>Sidalcea malviflora</i>	Checker mallow is a great planting for native bees, too
Red Admirable (Red Admiral) (<i>Vanessa atalanta</i>)	Stinging nettle	<i>Urtica dioica</i>	will also use non-native nettles
Mourning Cloak (<i>Nymphalis antiopa</i>)	Willows	<i>Salix lasiandra</i> , <i>S. hookeriana</i>	
Mylytta Crescent (<i>Phyciodes mylitta</i>)	Native thistles	<i>Cirsium occidentale</i> , other <i>Cirsium</i>	Besides <i>C. occidentale</i> , <i>C. brevistylum</i> occurs locally (Calflora)
Field Crescent (<i>Phyciodes pulchella</i>)	California/Pacific aster	<i>Symphotrichum (Aster) chilense</i>	Aster spreads readily

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Additional Native Plants for Butterflies and other Pollinators. (Nectar plants are needed by butterflies as much as larval host plants)

Nectar Plant, Common Name	Scientific Name	Notes
Canada goldenrod	<i>Solidago elongata</i> <i>(canadensis)</i>	
Bolander's phacelia	<i>Phacelia bolanderi</i>	
Coyote mint	<i>Monardella villosa</i>	
Seaside daisy	<i>Erigeron glaucus</i>	
Sneezeweed	<i>Helenium bigelovii</i>	
California poppy, coastal form	<i>Eschscholzia</i> <i>californica maritima</i>	
Coyote bush	<i>Baccharis pilularis</i> <i>ssp. pilularis</i>	<i>Pilularis</i> subspecies form is local, low-growing, less rangy
Common yarrow	<i>Achillea millefolium</i>	
Foothill penstemon	<i>Penstemon</i> <i>heterophyllus</i>	Penstemon is not native to coastal Humboldt, but grows there and is a good nectar plant

Honorable Mention (non-natives and others)

Lavendar	<i>Lavandula</i>	Good nectar source for many insects
Native bunchgrasses and fescues	<i>Festuca</i> species, <i>Stipa</i> species	Larval host plants for skippers

v. 9/8/2019, by G. Falxa, L. Lawrence, and B. Rodstrom for the Northcoast Chapter of the California Native Plant Society