



## Native Plants that Feed our Butterflies and Birds

from Bringing Nature Home: How You Can Sustain Wildlife with Native Plants  
by Dr. Doug Tallamy, Timber Press, 2007

Typical gardens often are barren wastelands to native insects and thus birds. Almost all North American birds other than seabirds — 96 percent — feed their young with insects and caterpillars, which contain more protein than beef.

Gardeners could slow the rate of extinction of our native wildlife and birds by including native plants in their yards. A patch of violets will feed fritillary caterpillars. A patch of phlox could support eight species of butterflies. The buttonbush shrub, which has little white flowers, feeds 18 species of butterflies and moths; and blueberry bushes support 288 species of moths and butterflies.

### Best Bets: Favorite trees and bushes for mid-Atlantic butterflies & Moths

Common Name	Plant Genus	# of Butterfly / Moth species supported
Oak	Quercus	534
Black cherry	Prunus	456
Willow	Salix	455
Birch	Betula	413
Poplar	Populus	368
Crabapple	Malus	311
Blueberry	Vaccinium	288
Maple	Acer	285
Elm	Ulmus	213
Pine	Pinus	203
Hickory	Carya	200
Hawthorn	Crataegus	159
Spruce	Picea	156
Alder	Alnus	156
Basswood	Tilia	150
Ash	Fraxinus	150
Rose	Rosa	139
Filbert	Corylus	131
Walnut	Juglans	130
Beech	Fagus	126
Chestnut	Castanea	125

**Best Bets: Favorite flowers and herbaceous plants  
for  
mid-Atlantic butterflies & Moths**



Common Name	Plant Genus	# of Butterfly / Moth species supported
Goldenrod	Solidago	115
Asters	Aster	112
Sunflower	Helianthus	73
Joe pye (Boneset)	Eupatorium	42
Morning glory	Ipomoea	39
Sedges	Carex	36
Honeysuckle	Lonicera	36
Lupine	Lupinus	33
Violets	Viola	29
Geraniums	Geranium	23
Black-eyed susan	Rudbeckia	17
Iris	Iris	17
Evening primrose	Oenothera	16
Milkweed	Asclepias	12
Verbena	Verbena	11
Beardtongue	Penstemon	8
Phlox	Phlox	8
Bee balm	Monarda	7
Veronica	Veronica	6
Little bluestem	Schizachyrium	6
Cardinal flower	Lobelia	4



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