BUTTERFLY BABE PRESENTS

Butterfly Garden INFO SHEET

Flowers to Plant to Support Butterfly Populations — Florida & the Southeast

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THE NECTAR LIST

Nectar is the diner — plant it in every season and the butterflies never leave the table.

SPRING — *MARCH — MAY*

Scarlet Sage *Salvia coccinea* — sulphurs, skippers & hummingbirds sip the red trumpets
Blanket Flower *Gaillardia pulchella* — small butterflies & skippers; blooms on for months
Pentas *Pentas lanceolata* — the first table of spring — plant once, it blooms on & on
Native Milkweed in Bloom *Swamp Milkweed (Asclepias incarnata) & Butterfly Weed (Asclepias tuberosa)* — monarchs & queens drink here, then lay eggs on the leaves

SUMMER — *JUNE — AUGUST*

Firebush *Hamelia patens* — zebra longwings & swallowtails work the orange trumpets
Porterweed *Stachytarpheta jamaicensis* — buckeyes, sulphurs & skippers — the bar that never closes
Zinnias *Zinnia elegans* — swallowtails, fritillaries & monarchs from dawn on
Cosmos *Cosmos sulphureus* — sulphurs & painted ladies dance over the ferny drifts
Marigolds *Tagetes spp.* — skippers & small whites crowd the gold heads
Lantana *Lantana camara* — a sulphur magnet — choose sterile varieties

FALL — *SEPTEMBER — NOVEMBER*

Mistflower *Conoclinium coelestinum* — the monarch & queen magnet — plant plenty
Goldenrod *Solidago spp.* — migrating monarchs refuel here for the road south
Asters *Symphyotrichum spp.* — pearl crescents, buckeyes & the last monarchs of the year

ALL YEAR IN FLORIDA — *THE FAITHFUL THREE*

Pentas *Pentas lanceolata* — star clusters in red & pink, month after month
Porterweed *Stachytarpheta jamaicensis* — spikes of blue or coral up nearly all year
Firebush *Hamelia patens* — in frost-free corners it hardly rests

NECTAR FEEDS BUTTERFLIES. HOST PLANTS MAKE THEM.

Milkweed Monarch & Queen
Passion Vine Zebra Longwing & Gulf Fritillary
Rue & Citrus Giant Swallowtail
Pipevine Pipevine Swallowtail
Cassia Cloudless Sulphur
Dill & Parsley Black Swallowtail
Coontie Atala

*Always plant milkweed **native to your area** — it is the only food monarch & queen caterpillars eat.*

THREE GOLDEN RULES

1 PLANT IN DRIFTS
One color in a mass, not one of everything — butterflies find drifts far easier.

2 SUN, AND NO SPRAY
A sunny spot, and skip the pesticides. A sprayed flower is a trap, not a table.

3 EVERY MONTH IN BLOOM
Stagger the seasons so something is always open — the table is never empty.

Free from butterflybabe.org — pair with the Florida Butterfly Field Chart, also free in Free Printables.