

Nectar Plants for Bay Area Butterflies

Most adult butterflies feed on flower nectar. Not all flowers provide nectar. Butterflies are also terrific pollinators. As they feed on nectar, they carry pollen from previously visited flowers. Plant nectar plants in sunny places to be useful to butterflies. Here's a partial list of local plants that are good nectar sources.



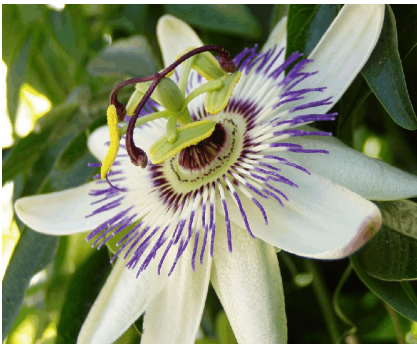
Butterfly bush

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|---------------|---------------------------|
| Asters | Blue Dicks |
| Buckeye | Bur marigolds |
| Buckwheats | Butterfly bush (Buddleia) |
| Ceanothus | Clematis |
| Cow Parsnip | Coyote brush |
| Coyote Mint | Golden Yarrow |
| Golden Asters | Gumweed (grindelia) |

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|---------------|-------------------|------------|
| Hedge Nettle | Heliotrope | Hollyhock |
| Jupiter beard | Lantanas | Lomatium |
| Lupines | Mexican sunflower | |
| Milkweed | Mint Family | Nasturtium |
| Passionflower | Pellitory | Sages |
| Seaside Daisy | Snowberry | Statice |
| Sunflower | Thistles | Toyon |
| Verbena | Wintercress | Yarrow |



Lupine



Passionflower

Sources and for more information:

- <http://ebcnps.org/Butterflies.htm> California Native Plant Society
<http://www.naba.org/ftp/baca.pdf>
http://yerbabuenanursery.com/Butterfly_List.php

Photographs by Heidi Rand