



American Beauties Native Plants

Best Plants for Butterflies

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Plant Name	Plant Type	Nectar Source	Host Plant	Bloom Time	Exposure
Carex - Sedge	Grass	Yes	No	March - April	Full Sun/Part Shade
Schizachyrium - Little Blue Stem	Grass	Yes	No	August - September	Full Sun/Part Shade
Asclepias - Milkweed	Perennial	Yes	Yes	July - August	Sun
Aster spp. - Aster	Perennial	Yes	Yes	August - September	Full Sun/Part Shade
Baptisia australis - Blue False Indigo	Perennial	Yes	Yes	May	Full Sun/Part Shade
Chelone - Turtlehead	Perennial	Yes	Yes	August - September	Part Shade
Coreopsis - Tickseed	Perennial	Yes	No	June - August	Sun
Echinacea - Coneflower	Perennial	Yes	Yes	June - August	Full Sun/Part Shade
Eupatorium - Joe Pye Weed	Perennial	Yes	No	August - September	Full Sun/Part Shade
Geranium maculata - Wild Geranium	Perennial	Yes	No	April - May	Part to Full Shade
Helenium - Helen's Flower	Perennial	Yes	No	August - September	Sun
Helianthus - Perennial Sunflower	Perennial	Yes	No	August - September	Sun
Heliopsis - False Sunflower	Perennial	Yes	No	June - August	Sun
Iris - Iris	Perennial	Yes	No	May - June	Full Sun/Part Shade
Liatris - Gayfeather	Perennial	Yes	No	July - August	Sun
Lobelia - Cardinal Flower	Perennial	Yes	No	July - September	Full Sun/Part Shade
Lupinus - Lupine	Perennial	Yes	No	May	Sun
Monarda - Bee Balm	Perennial	Yes	No	July - September	Full Sun/Part Shade
Penstemon - Beardtongue	Perennial	Yes	No	April - June	Sun
Phlox divaricata - Wild Sweet William	Perennial	Yes	Yes	April - May	Part to Full Shade
Phlox paniculata - Garden Phlox	Perennial	Yes	No	July - September	Full Sun/Part Shade
Pycnanthemum - Mountain Mint	Perennial	Yes	No	July - September	Full Sun/Part Shade
Rudbeckia - Black Eyed Susan	Perennial	Yes	No	August - September	Sun
Silene - Wild Pinks	Perennial	Yes	No	April - May	Full Sun/Part Shade
Solidago - Goldenrod	Perennial	Yes	No	August - September	Sun
Vernonia - Ironweed	Perennial	Yes	No	August - September	Sun
Viola spp - Violas	Perennial	Yes	No	March - May	Full Sun/Part Shade



		Source	Plant		
Cephalanthus - Buttonbush	Shrub	Yes	No	June	Sun
Lindera - Spicebush	Shrub	Yes	Yes	March - April	Full Sun/Part Shade
Rhododendron spp - Azaleas	Shrub	Yes	Yes	May - June	Part Shade
Rosa spp. - Rose	Shrub	Yes	No	May - September	Sun
Salix - Willow	Shrub	Yes	No	March - April	Full Sun/Part Shade
Vaccinium corymbosum	Shrub	Yes	No	May	Sun
Cornus - Dogwood	Shrub/Tree	Yes	Yes	April - May	Full Sun/Part Shade
Acer saccharum - Sugar Maple	Tree	Yes	Yes	May	Sun
Betula nigra - River Birch	Tree	No	Yes	March - April	Sun
Pinus strobus - White Pine	Tree	No	Yes		Sun
Quercus spp. - Oak	Tree	Yes	Yes	May	Sun
Sassafras albidum - Sassafras	Tree	Yes	Yes	April - May	Full Sun/Part Shade
Aristolochia - Dutchman's Pipe	Vine	No	Yes	May - June	Full Sun/Part Shade
Lonicera - Honeysuckle	Vine	Yes	No	May - June	Sun
Wisteria frutescens	Vine	Yes	Yes	May	Sun

