



# Butterfly Nectar Plants





















Butterflies enjoy the nectar from a wide range of plants.  
The following list is just a few of their top favorites.

[www.butterflyjane.com](http://www.butterflyjane.com)



## Perennials

## Annuals

|  | Genus  | Common Name                           | Bloom Time                          | Genus             | Common Name             | Bloom Time  |   |
|--|--|---------------------------------------|-------------------------------------|-------------------|-------------------------|---|---|
|    | <i>Asclepias</i>   | milkweed,<br>butterfly weed           | June-August                         | <i>Ageratum</i>   | floss flower            | The bloom time for annuals can vary greatly depending on if the seeds are started early indoors or planted directly in the garden after the last frost date. Once they begin, most varieties will bloom all season. However, some varieties are sensitive to excess heat in the summer and may stop flowering until cooler weather returns. |    |
|    | <i>Doellingeria, Eurybia, Ionactis, Oclemena, Symphyotrichum</i> | aster                                 | July-October                        | <i>Lobularia</i>  | sweet alyssum           |   |    |
|    | <i>Buddleia</i>  | butterfly bush                        | July-October                        | <i>Cosmos</i>     | cosmos                  |   |    |
|    | <i>Coreopsis</i>   | tickseed                              | June - October                      | <i>Helianthus</i> | sunflower               |   |    |
|    | <i>Echinacea</i>   | coneflower                            | June-October                        | <i>Lantana</i>    | lantana                 |   |    |
|   | <i>Eupatorium Eupatoriadelphus</i>                               | Joe Pye weed                          | July-September                      | <i>Tagetes</i>    | marigold                |   |   |
|  | <i>Liatris</i>   | blazing star,<br>gayfeather           | July, August,<br>September          | <i>Pentas</i>     | pentas,<br>star cluster |   |  |
|  | <i>Rudbeckia</i>   | black-eyed Susan,<br>brown-eyed Susan | July-October                        | <i>Tithonia</i>   | Mexican<br>sunflower    |   |  |
|  | <i>Sedum</i>   | sedum,<br>stonecrop                   | spring,<br>July-October             | <i>Verbena</i>    | verbena                 |   |  |
|  | <i>Solidago</i>  | goldenrod                             | July-October<br>(varies by species) | <i>Zinnia</i>     | zinnia                  |   |  |