



NATIVE PLANT FINDER



Commercially Available Host Plants for Butterflies and Moths

GREAT PLAINS ECOREGION

The caterpillars of butterflies and moths feed on the leaves of native plants. Without host plants, these important and beautiful insects cannot complete their lifecycle and their populations decline. Host plants with high butterfly and moth associations play a direct role in supporting bird populations. The native caterpillar host plants listed below are often available at local native plant sales, and increasingly found at nurseries and local garden centers. Please verify the plant is suitable for your local growing conditions.

Plant Type	Plant Name
Trees	Box Elder (<i>Acer negundo</i>)*
	Silver Maple (<i>Acer saccharinum</i>)*
	Red Buckeye (<i>Aesculus pavia</i>)*
	Eastern Cottonwood (<i>Populus deltoides</i>)
	Black Cherry (<i>Prunus serotina</i>)*
	Common Chokecherry (<i>Prunus virginiana</i>)*
	White Oak (<i>Quercus alba</i>)
Shrubs	Lead Plant (<i>Amorpha canescens</i>)*
	False Indigo Bush (<i>Amorpha fruticosa</i>)*
	New Jersey Tea (<i>Ceanothus americanus</i>)*
	Fragrant Sumac (<i>Rhus aromatica</i>)*
	Smooth Sumac (<i>Rhus glabra</i>)*
	Golden Current (<i>Ribes odoratum</i> syn. <i>Ribes aureum</i>)
	Rose (<i>Rosa</i> sp.)*
	Willow (<i>Salix</i> sp.)*

Plant Type	Plant Name
Flowering Perennials	Swamp Milkweed (<i>Asclepias incarnata</i>)*
	Butterfly Milkweed (<i>Asclepias tuberosa</i>)*
	Maximilian Sunflower (<i>Helianthus maximiliani</i>)*
	Blazing Star, Gayfeather (<i>Liatris</i> sp.)*
	Bee-Balm, Wild Bergamot, Horsemint (<i>Monarda</i> sp.)*
	Giant Goldenrod (<i>Solidago gigantea</i>)*
	Gray Goldenrod (<i>Solidago nemoralis</i>)*
Grass & Grass-Like	Ironweed (<i>Vernonia</i> sp.)*
	Sideoats Grama (<i>Bouteloua curtipendula</i>)
	Little Bluestem (<i>Schizachyrium scoparium</i>)*

* Also Provides Nectar and Pollen for Adult Butterflies, Moths, Bees or Other Pollinators

Regional Plant Suppliers

While not a comprehensive list, these growers have been researched and are suggested as a good starting point.

RETAIL NURSERIES SERVING THIS ECOREGION

Grow Native! of the Missouri Prairie Foundation Retailers
www.moprairie.org/GrowNative/GrowNative/Retailer-Map.aspx

WHOLESALE NURSERIES SERVING THIS ECOREGION

Grow Native! of the Missouri Prairie Foundation Resource Guide
www.moprairie.org/GrowNative/GrowNative/Resource-Guide/Resource-Guide.aspx



Visit the Native Plant Finder at www.nwf.org/nativeplantfinder

for a full list of native host plants naturally found in your zip code, ranked by the number of butterfly and moth species they support.

Geographic region is based on Omernik's Level I Ecoregions, as presented by the Commission for Environmental Cooperation.

Map: www.cec.org/tools-and-resources/map-files/terrestrial-ecoregions-level-i

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*Photo: Monarch (*Danaus plexippus* – Linnaeus, 1758) Credit: Linda Elenbas*