



Host Plants for Butterfly and Moth Caterpillars Great Plains Ecoregion

The caterpillars of butterflies and moths feed on the leaves of native plants. Each species has its own caterpillar host 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.

By adding some of these species to your garden you are helping make a difference for wildlife.

Plant Type	Botanical Name	Common Name	Also Provides Nectar and Pollen for Adult Butterflies, Moths, Bees or Other Pollinators
Trees	<i>Acer negundo</i>	box elder	X
	<i>Acer saccharinum</i>	silver maple	X
	<i>Aesculus pavia</i>	red buckeye	X
	<i>Populus deltoides</i>	eastern cottonwood	
	<i>Prunus serotina</i>	black cherry	X
	<i>Prunus virginiana</i>	common chokecherry	X
	<i>Quercus alba</i>	white oak	
Shrubs	<i>Amorpha canescens</i>	lead plant	X
	<i>Amorpha fruticosa</i>	false indigo bush	X
	<i>Ceanothus americanus</i>	New Jersey tea	X
	<i>Rhus aromatica</i>	fragrant sumac	X
	<i>Rhus glabra</i>	smooth sumac	X
	<i>Ribes odoratum syn. Ribes aureum</i>	golden current	
	<i>Rosa sp.</i>	rose	X
	<i>Salix sp.</i>	willow	X
Flowering Perennials	<i>Asclepias incarnata</i>	swamp milkweed	X
	<i>Asclepias tuberosa</i>	butterfly milkweed	X
	<i>Helianthus maximiliani</i>	maximilian sunflower	X

	<i>Liatris sp.</i>	blazing star, gayfeather	X
	<i>Monarda sp.</i>	bee-balm, wild bergamot, horsemint	X
	<i>Solidago gigantea</i>	giant goldenrod	X
	<i>Solidago nemoralis</i>	gray goldenrod	X
	<i>Vernonia sp.</i>	ironweed	X
Grass & Grass-like	<i>Bouteloua curtipendula</i>	sideoats grama	
	<i>Schizachyrium scoparium</i>	little bluestem	X

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.

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,
<https://www.moprairie.org/GrowNative/GrowNative/Retailer-Map.aspx>

Wholesale Nurseries Serving This Ecoregion

Grow Native! of the Missouri Prairie Foundation Resource Guide,
<https://www.moprairie.org/GrowNative/GrowNative/Resource-Guide/Resource-Guide.aspx>

*Geographic areas are based on Omernik's Level I Ecoregions, as presented by the Commission for Environmental Cooperation. Map: <http://www.cec.org/tools-and-resources/map-files/terrestrial-ecoregions-level-i>

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