



NATIVE PLANT FINDER



Commercially Available Host Plants for Butterflies and Moths

MARINE WEST COAST FORESTS 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	Vine Maple (<i>Acer circinatum</i>)*
	Bigleaf Maple (<i>Acer macrophyllum</i>)*
	Red Alder (<i>Alnus rubra</i>)
	Western Crabapple (<i>Malus fusca</i>)*
	Bitter Cherry (<i>Prunus emarginata</i>)*
	Scouler's Willow (<i>Salix scouleriana</i>)*
	Western Hemlock (<i>Tsuga heterophylla</i>)
Shrubs	Serviceberry (<i>Amelanchier alnifolia</i>)*
	Oregon Tea Tree (<i>Ceanothus sanguineus</i>)*
	Baldhip Rose (<i>Rosa gymnocarpa</i>)*
	Nootka Rose (<i>Rosa nutkana</i> var. <i>nutkana</i>)*
	Swamp Rose (<i>Rosa pisocarpa</i>)*
	Thimbleberry (<i>Rubus parviflorus</i>)*
	Salmonberry (<i>Rubus spectabilis</i>)*
Red Huckleberry (<i>Vaccinium parvifolium</i>)*	

Plant Type	Plant Name
Flowering Perennials	Yarrow (<i>Achillea millefolium</i>)*
	Beach Strawberry (<i>Fragaria chiloensis</i>)*
	Woodland Strawberry (<i>Fragaria vesca</i>)*
	Wild Strawberry (<i>Fragaria virginiana</i>)*
	Large-Leaved Lupine (<i>Lupinus polyphyllus</i> var. <i>polyphyllus</i>)*
	Riverbank Lupine (<i>Lupinus rivularis</i>)*
	Rough Canada Goldenrod (<i>Solidago elongata</i> syn. <i>Solidago canadensis</i> var. <i>salebrosa</i>)*
Ferns and Fern Allies	Early Blue Violet Or Hookspur Violet (<i>Viola adunca</i>)*
	Stream Violet Or Pioneer Violet (<i>Viola glabella</i>)
	Lady Fern (<i>Athyrium filix-femina</i> syn. <i>Athyrium filix-femina</i> subsp. <i>cyclosorum</i>)
Grass & Grass-Like	Licorice Fern (<i>Polypodium glycyrrhiza</i>)
	Sword Fern (<i>Polystichum munitum</i>)
	Tufted Hairgrass (<i>Deschampsia cespitosa</i>)
Grass & Grass-Like	Pacific Rush (<i>Juncus effusus</i> ssp. <i>Pacificus</i>)
	Dagger-Leaf Rush (<i>Juncus ensifolius</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

Echo Valley Natives in Oregon City, OR
www.echovalleynatives.com/#home-1

Native Foods Nursery in Dexter, OR
www.nativefoodsnursery.com/

Sound Native Plants in Olympia, WA
www.soundnativeplants.com/

Woodbrook Native Plant Nursery in Gig Harbor, WA
www.woodbrooknativeplantnursery.com/

WHOLESALE NURSERIES SERVING THIS ECOREGION

Champoeg Nursery in Aurora, OR
www.champoegnursery.com/

Fourth Corner Nurseries in Bellingham, WA
www.fourthcornernurseries.com/

Sound Native Plants in Olympia, WA
www.soundnativeplants.com/

Wabash Farms Wholesale Native Plants in Enumclaw, WA
www.wabashfarms.info/



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

Acknowledgements: The National Wildlife Federation wishes to thank Dr. Doug Tallamy of the University of Delaware, and the Adult Conservation Educators working group of the Willamette Valley, for information presented in this guide. Special thanks to American Beauties Native Plants for underwriting the development of these regional guides.

*Photo: Western Tiger Swallowtail (*Papilio rutulus* – Lucas, 1852) Credit: Morgan Parks*