



Host Plants for Butterfly and Moth Caterpillars Mediterranean California 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	Scientific Name	Common Name	Also Provides Nectar and Pollen for Adult Butterflies, Moths, Bees or Other Pollinators
Trees	<i>Platanus racemosa</i>	Western sycamore	
	<i>Prunus ilicifolia</i>	Hollyleaf cherry	X
	<i>Salix sp.</i>	Willow	X
Shrubs	<i>Aesculus californica</i>	buckeye	X
	<i>Arctostaphylos sp.</i>	manzanita	X
	<i>Baccharis pilularis</i>	Coyote Bush	X
	<i>Baccharis salicifolia</i>	Mulefat	X
	<i>Ceanothus sp.</i>	California Lilac	X
	<i>Frangula californica (syn. Rhamnus californica)</i>	California buckthorn	X
	<i>Lupinus albifrons</i>	Silver bush lupine	X
	<i>Ribes speciosum</i>	Fuchsia Flowering Gooseberry	X
Flowering Perennials	<i>Salix laevigata</i>	red willow	X
	<i>Achillea millefolium</i>	Yarrow	X
	<i>Asclepias fascicularis</i>	Narrowleaf milkweed	X
	<i>Clarkia unguiculata</i>	Elegant clarkia	X
	<i>Epilobium canum</i>	California fuschia	X
	<i>Fragaria vesca</i>	woodland strawberry	X

	<i>Gilia capitata</i>	Globe gilia	X
	<i>Grindelia camporum</i>	Gumplant	X
	<i>Helianthus annuus</i>	Common sunflower	X
	<i>Isocoma menziesii</i>	Coast Goldenbush	
	<i>Lupinus formosus</i>	Summer lupine	X
	<i>Penstemon heterophyllus</i>	Foothill penstemon	X
	<i>Phacelia tanacetifolia</i>	Lacy phacelia	X
	<i>Sedum spathulifolium</i>	stonecrop	X
	<i>Solidago californica</i> syn. <i>Solidago velutina</i>	California Goldenrod	X
	<i>Verbena lasiostachys</i>	robust verbena	X
Grass & Grass-like	<i>Leymus condensatus</i>	Giant Wildrye	
	<i>Muhlenbergia rigens</i>	Deer Grass	

Visit www.nwf.org/nativeplantfinder to find native plants that host the greatest numbers of butterflies and moths to raise their young in your zip code.

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

Bay Natives Nursery in San Francisco, CA <http://www.baynatives.com/>
 East Bay Wilds in Oakland, CA <http://www.eastbaywilds.com>
 Friends of Sausal Creek Nursery in Oakland, CA <http://www.sausalcreek.org/native-plant-nursery>
 Mission Blue Nursery in Brisbane, CA <http://www.mountainwatch.org/missionbluenursery/>
 Mostly Natives in Point Reyes Station, CA <https://www.mostlynatives.com/>
 Native Here Plant Nursery in Berkeley, CA <https://nativeherenursery.org/>
 Native Revival in Aptos, CA <http://www.nativerivival.com/>
 Oaktown Native Plant Nursery in Berkeley, CA <http://oaktownnursery.com/>
 Sutro Native Plant Nursery in San Francisco, CA <https://www.sutrostewards.org/nursery>
 The Watershed Nursery in Richmond, CA <https://www.watershednursery.com/>

Wholesale Nurseries Serving This Ecoregion

Grassroots Ecology Plant Nursery in Palo Alto, CA <https://www.grassrootsecology.org/nursery/>
 Oaktown Native Plant Nursery in Berkeley, CA <http://oaktownnursery.com/>
 The Watershed Nursery in Richmond, CA <https://www.watershednursery.com/>

*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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