



NATIVE PLANT FINDER



Commercially Available Host Plants for Butterflies and Moths

NORTHERN 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	Pussy Willow (<i>Salix discolor</i>)*
	American Basswood (<i>Tilia americana</i>)*
Shrubs	Buttonbush (<i>Cephalanthus occidentalis</i>)*
	Virginia Rose (<i>Rosa virginiana</i>)*
	Purple Flowering Raspberry (<i>Rubus odoratus</i>)*
	Lowbush Blueberry (<i>Vaccinium angustifolium</i>)*
	Highbush Blueberry (<i>Vaccinium corymbosum</i>)*
Flowering Perennials	Swamp Milkweed (<i>Asclepias incarnata</i>)*
	White Turtlehead (<i>Chelone glabra</i>)*
	Boneset (<i>Eupatorium perfoliatum</i>)*
	Wild Geranium (<i>Geranium maculatum</i>)*

Plant Type	Plant Name
Flowering Perennials	Blue Flag Iris (<i>Iris versicolor</i>)*
	Cardinal Flower (<i>Lobelia cardinalis</i>)*
	Wild Bergamot (<i>Monarda fistulosa</i>)*
	Wild Golden Glow, Cutleaf Coneflower (<i>Rudbeckia laciniata</i>)*
	Gray Goldenrod (<i>Solidago nemoralis</i>)*
	Wrinkleleaf Goldenrod (<i>Solidago rugosa</i>)*
	Early Meadow-Rue (<i>Thalictrum dioicum</i>)*
Ferns	Blue Vervain (<i>Verbena hastata</i>)*
	Common Ladyfern (<i>Athyrium filix-femina</i>)
Grass & Grass-Like	Marginal Woodfern (<i>Dryopteris marginalis</i>)
	Switchgrass (<i>Panicum virgatum</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

Broken Arrow Nursery in Hamden, CT
www.brokenarrownursery.com/

FEDCO in Clinton, ME
www.fedcoseeds.com/trees/?listname=native

Garden in the Woods in Framingham, MA
www.nativeplanttrust.org/for-your-garden/buy-native-plants/

WHOLESALE NURSERIES SERVING THIS ECOREGION

Nasami Farms in Whately, MA
www.nativeplanttrust.org/for-your-garden/buy-native-plants/

New Moon Nursery in Woodstown, NJ
www.newmoonnursery.com/

North Creek Nursery in Landenberg, PA
www.northcreeknurseries.com/

Planters' Choice Nursery in Newtown & Watertown, CT
www.planterschoice.com/

Sudbury Nurseries West in Gill, MA
www.sudburynurserieswest.com

Van Berkum Nurseries in Deerfield, NH
www.vanberkumnursery.com/



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: Eight-Spotted Forester (Alypia octomaculata – Fabricius, 1775) Credit: Michael Harvey