



Host Plants for Butterfly and Moth Caterpillars Eastern Temperate Forests 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.

Caterpillar Host Plant Type	Scientific Name	Common Name	Also Provides Nectar and Pollen for Adult Butterflies, Moths, Bees or Other Pollinators
Trees	<i>Acer sp.</i>	maple, boxelder	X
	<i>Betula nigra</i>	river birch	
	<i>Carya sp.</i>	hickory	
	<i>Prunus sp.</i>	cherry	X
	<i>Quercus sp.</i>	oak	
	<i>Salix nigra</i>	black willow	X
	<i>Tilia americana</i>	American basswood	X
Shrubs	<i>Cornus amomum</i>	silky dogwood	X
	<i>Rosa carolina</i>	pasture rose	X
	<i>Rosa palustris</i>	swamp rose	X
	<i>Rubus sp.</i>	raspberry, blackberry	X
	<i>Vaccinium corymbosum</i>	highbush blueberry	X
	<i>Viburnum dentatum</i>	arrow wood	X
	<i>Viburnum prunifolium</i>	black haw	X
Flowering Perennials	<i>Asclepias incarnata</i>	swamp milkweed	X
	<i>Asclepias syriaca</i>	common milkweed	X
	<i>Asclepias tuberosa</i>	butterfly-weed, butterfly milkweed	X
	<i>Asclepias verticillata</i>	whorled milkweed	X
	<i>Baptisia tinctoria</i>	horseflyweed	X

	<i>Eupatorium fistulosum</i> syn. <i>Eupatoriadelphus fistulosus</i> syn. <i>Eutrochium fistulosum</i>	trumpetweed, Joe-pye weed	X
	<i>Eupatorium perfoliatum</i>	boneset	X
	<i>Eupatorium purpureum</i> syn. <i>Eutrochium purpureum</i>	sweetscented joe-pye weed	X
	<i>Geranium maculatum</i>	wild geranium, spotted geranium	X
	<i>Helianthus divaricatus</i>	woodland sunflower	X
	<i>Hibiscus moscheutos</i>	marsh hibiscus, rose mallow	X
	<i>Solidago</i> sp.	goldenrod	X
	<i>Viola pedata</i>	birdfoot violet	X
Vines	<i>Lonicera sempervirens</i>	trumpet honeysuckle	X
Ferns	<i>Onoclea sensibilis</i>	sensitive fern	
	<i>Osmunda cinnamomea</i> syn. <i>Osmundastrum cinnamomea</i>	cinnamon fern	
	<i>Osmunda regalis</i> syn. <i>Osmunda regalis</i> var. <i>spectabilis</i>	royal fern	
	<i>Polystichum acrostichoides</i>	Christmas fern	
Grass & Grass-like	<i>Andropogon gerardii</i>	big bluestem	X
	<i>Andropogon virginicus</i>	broomsedge	
	<i>Panicum virgatum</i>	switchgrass	X
	<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

Broken Arrow Nursery in Hamden, CT <https://www.brokenarrownursery.com/>
 Carolina Natives Nursery Retail Shop in Burnsville, NC <http://www.carolinanativenursery.com/retail-shop/>
 Chesapeake Natives in Upper Marlboro, MD <http://chesapeakenatives.org/>
 Cure Nursery in Pittsboro, NC <http://www.curenursery.com/>
 FEDCO in Clinton, ME <https://www.fedcoseeds.com/trees/?listname=native>
 Garden in the Woods in Framingham, MA <http://www.newenglandwild.org/store/buy-native-plants>
 Herring Run Nursery in Baltimore, MD <https://www.bluewaterbaltimore.org/herring-run-nursery/>
 Hill House Farm and Nursery in Castleton, VA <http://hillhousenativeplants.com/>
 Izel Plants (mail order), <https://www.izelplants.com/>
 Kollar Nursery in Pylesville, MD <http://www.kollarnursery.com/>
 Niche Gardens in Chapel Hill, NC <http://www.nichegardens.com/>
 Plant Delights in Raleigh, NC <https://www.plantdelights.com/collections/north-carolina-native-plants-wildflowers>
 Wood Thrush Natives in Floyd, VA <http://www.woodthrushnatives.com/>

Wholesale Nurseries Serving This Ecoregion

American Native Plants in Middle River, MD <https://www.americannativeplants.com/>
 Carolina Natives Nursery in Burnsville, NC <http://www.carolinanativenursery.com/>
 Earth Tones Native Plants in Woodbury, CT <http://www.earthtonesnatives.com/>
 Kind Earth Growers in Ottsville, PA <https://www.kindearthgrowers.com/>
 Mellow Marsh Farm in Siler City, NC <https://mellowmarshfarm.com/>
 Nasami Farms in Whately, MA <http://www.newenglandwild.org/visit/nasami-farm>

Native Roots Nursery in Clinton, NC <https://nativerootsnursery.com/>
New Moon Nursery in Woodstown, NJ <http://www.newmoonnursery.com/>
North Creek Nursery in Landenberg, PA <https://www.northcreeknurseries.com/>
Octoraro Native Plant Nursery in Kirkwood, PA <https://www.octoraro.com/>
Pinelands Nursery in Columbus, NJ <http://www.pinelandsnursery.com>
Planters' Choice Nursery in Newtown & Watertown, CT <https://planterschoice.com/>
Southeastern Native Plant Nursery in Candler, NC <http://southeasternnatives.com/>
Sudbury Nurseries West in Gill, MA <http://www.sudburynurserieswest.com>
Van Berkum Nurseries in Deerfield, NH <http://www.vanberkumnursery.com/>
Wetland Plants in Edenton, NC <https://www.wetlandplantsinc.com/>

*Geographic region is 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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