



NATIVE PLANT FINDER



Commercially Available Host Plants for Butterflies and Moths

EASTERN TEMPERATE 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	Maple, Boxelder (<i>Acer sp.</i>)*
	River Birch (<i>Betula nigra</i>)
	Hickory (<i>Carya sp.</i>)
	Cherry (<i>Prunus sp.</i>)*
	Oak (<i>Quercus sp.</i>)
	Black Willow (<i>Salix nigra</i>)*
	American Basswood (<i>Tilia americana</i>)*
Shrubs	Silky Dogwood (<i>Cornus amomum</i>)*
	Pasture Rose (<i>Rosa carolina</i>)*
	Swamp Rose (<i>Rosa palustris</i>)*
	Raspberry, Blackberry (<i>Rubus sp.</i>)*
	Highbush Blueberry (<i>Vaccinium corymbosum</i>)*
	Arrow Wood (<i>Viburnum dentatum</i>)*
	Black Haw (<i>Viburnum prunifolium</i>)*
Flowering Perennials	Swamp Milkweed (<i>Asclepias incarnata</i>)*
	Common Milkweed (<i>Asclepias syriaca</i>)*
	Butterfly-Weed, Butterfly Milkweed (<i>Asclepias tuberosa</i>)*
	Whorled Milkweed (<i>Asclepias verticillata</i>)*
	Horseflyweed (<i>Baptisia tinctoria</i>)*
	Trumpetweed, Joe-Pye Weed (<i>Eupatorium fistulosum</i> syn. <i>Eupatoriadelphus fistulosus</i> syn. <i>Eutrochium fistulosum</i>)*

Plant Type	Plant Name
Flowering Perennials	Boneset (<i>Eupatorium perfoliatum</i>)*
	Sweetscented Joe-Pye Weed (<i>Eupatorium purpureum</i> syn. <i>Eutrochium purpureum</i>)*
	Wild Geranium, Spotted Geranium (<i>Geranium maculatum</i>)*
	Woodland Sunflower (<i>Helianthus divaricatus</i>)*
	Marsh Hibiscus, Rose Mallow (<i>Hibiscus moscheutos</i>)*
	Goldenrod (<i>Solidago sp.</i>)*
	Birdfoot Violet (<i>Viola pedata</i>)*
Vines	Trumpet Honeysuckle (<i>Lonicera sempervirens</i>)*
Ferns	Sensitive Fern (<i>Onoclea sensibilis</i>)
	Cinnamon Fern (<i>Osmunda cinnamomea</i> syn. <i>Osmundastrum cinnamomea</i>)
	Royal Fern (<i>Osmunda regalis</i> syn. <i>Osmunda regalis</i> var. <i>spectabilis</i>)
	Christmas Fern (<i>Polystichum acrostichoides</i>)
Grass & Grass-Like	Big Bluestem (<i>Andropogon gerardii</i>)*
	Broomsedge (<i>Andropogon virginicus</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/

Carolina Natives Nursery Retail Shop in Burnsville, NC
www.carolinanativenursery.com/retail-shop/

Chesapeake Natives in Upper Marlboro, MD
www.chesapeakenatives.org/

Cure Nursery in Pittsboro, NC
www.curenursery.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/

Herring Run Nursery in Baltimore, MD
www.bluewaterbaltimore.org/herring-run-nursery/

Hill House Farm and Nursery in Castleton, VA
www.hillhousenativeplants.com/

Izel Plants (mail order)
www.izelplants.com/

Kollar Nursery in Pylesville, MD
www.kollarnursery.com/

Niche Gardens in Chapel Hill, NC
www.nichegardens.com/

Plant Delights in Raleigh, NC
www.plantdelights.com/collections/north-carolina-native-plants-wildflowers

Wood Thrush Natives in Floyd, VA
www.woodthrushnatives.com/

WHOLESALE NURSERIES SERVING THIS ECOREGION

American Native Plants in Middle River, MD
www.americannativeplants.com/

Carolina Natives Nursery in Burnsville, NC
www.carolinanativenursery.com/

Earth Tones Native Plants in Woodbury, CT
www.earthtonesnatives.com/

Kind Earth Growers in Ottsville, PA
www.kindearthgrowers.com/

Mellow Marsh Farm in Siler City, NC
www.mellowmarshfarm.com/

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

Native Roots Nursery in Clinton, NC
www.nativerootsnursery.com/

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

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

Octoraro Native Plant Nursery in Kirkwood, PA
www.octoraro.com/

Pinelands Nursery in Columbus, NJ
www.pinelandsnursery.com

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

Southeastern Native Plant Nursery in Candler, NC
www.southeasternnatives.com/

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

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

Wetland Plants in Edenton, NC
www.wetlandplantsinc.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: Eastern Comma (*Polygona comma* — Harris, 1842) Credit: Desiree Shumway