



NATIVE PLANT FINDER



Commercially Available Host Plants for Butterflies and Moths

MEDITERRANEAN CALIFORNIA 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	Western Sycamore (<i>Platanus racemosa</i>)
	Hollyleaf Cherry (<i>Prunus ilicifolia</i>)*
	Willow (<i>Salix sp.</i>)*
Shrubs	Buckeye (<i>Aesculus californica</i>)*
	Manzanita (<i>Arctostaphylos sp.</i>)*
	Coyote Bush (<i>Baccharis pilularis</i>)*
	Mulefat (<i>Baccharis salicifolia</i>)*
	California Lilac (<i>Ceanothus sp.</i>)*
	California Buckthorn (<i>Frangula californica</i> syn. <i>Rhamnus californica</i>)*
	Silver Bush Lupine (<i>Lupinus albifrons</i>)*
	Fuchsia Flowering Gooseberry (<i>Ribes speciosum</i>)*
	Red Willow (<i>Salix laevigata</i>)*
Flowering Perennials	Yarrow (<i>Achillea millefolium</i>)*
	Narrowleaf Milkweed (<i>Asclepias fascicularis</i>)*
	Elegant Clarkia (<i>Clarkia unguiculata</i>)*

Plant Type	Plant Name
Flowering Perennials	California Fuschia (<i>Epilobium canum</i>)*
	Woodland Strawberry (<i>Fragaria vesca</i>)*
	Globe Gilia (<i>Gilia capitata</i>)*
	Gumplant (<i>Grindelia camporum</i>)*
	Common Sunflower (<i>Helianthus annuus</i>)*
	Coast Goldenbush (<i>Isocoma menziesii</i>)
	Summer Lupine (<i>Lupinus formosus</i>)*
	Foothill Penstemon (<i>Penstemon heterophyllus</i>)*
	Lacy Phacelia (<i>Phacelia tanacetifolia</i>)*
	Stonecrop (<i>Sedum spathulifolium</i>)*
	California Goldenrod (<i>Solidago californica</i> syn. <i>Solidago velutina</i>)*
	Robust Verbena (<i>Verbena lasiostachys</i>)*
	Grass & Grass-Like
Deer Grass (<i>Muhlenbergia rigens</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

Bay Natives Nursery in San Francisco, CA
www.baynatives.com/

East Bay Wilds in Oakland, CA
www.eastbaywilds.com

Friends of Sausal Creek Nursery in Oakland, CA
www.sausalcreek.org/native-plant-nursery

Mission Blue Nursery in Brisbane, CA
www.mountainwatch.org/missionbluenursery/

Mostly Natives in Point Reyes Station, CA
www.mostlynatives.com/

Native Here Plant Nursery in Berkeley, CA
www.nativeherenursery.org/

Native Revival in Aptos, CA
www.nativerivival.com/

Oaktown Native Plant Nursery in Berkeley, CA
www.oaktownnursery.com/

Sutro Native Plant Nursery in San Francisco, CA
www.sutrostewards.org/nursery

The Watershed Nursery in Richmond, CA
www.watershednursery.com/

WHOLESALE NURSERIES SERVING THIS ECOREGION

Grassroots Ecology Plant Nursery in Palo Alto, CA
www.grassrootsecology.org/nursery/

Oaktown Native Plant Nursery in Berkeley, CA
www.oaktownnursery.com/

The Watershed Nursery in Richmond, CA
www.watershednursery.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

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: Pipevine Swallowtail (Battus philenor – Linnaeus, 1771) Credit: Whitney Westbrook