



## Host Plants for Butterfly and Moth Caterpillars Northern 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.

Plant Type	Scientific Name	Common Name	Also Provides Nectar and Pollen for Adult Butterflies, Moths, Bees or Other Pollinators
Trees	<i>Salix discolor</i>	pussy willow	X
	<i>Tilia americana</i>	American basswood	X
Shrubs	<i>Cephalanthus occidentalis</i>	buttonbush	X
	<i>Rosa virginiana</i>	Virginia rose	X
	<i>Rubus odoratus</i>	purple flowering raspberry	X
	<i>Vaccinium angustifolium</i>	lowbush blueberry	X
	<i>Vaccinium corymbosum</i>	highbush blueberry	X
Flowering Perennials	<i>Asclepias incarnata</i>	swamp milkweed	X
	<i>Chelone glabra</i>	white turtlehead	X
	<i>Eupatorium perfoliatum</i>	boneset	X
	<i>Geranium maculatum</i>	wild geranium	X
	<i>Iris versicolor</i>	blue flag iris	X
	<i>Lobelia cardinalis</i>	cardinal flower	X
	<i>Monarda fistulosa</i>	wild bergamot	X
	<i>Rudbeckia laciniata</i>	wild golden glow, cutleaf coneflower	X
	<i>Solidago nemoralis</i>	gray goldenrod	X
	<i>Solidago rugosa</i>	wrinkleleaf goldenrod	X

	<i>Thalictrum dioicum</i>	early meadow-rue	X
	<i>Verbena hastata</i>	blue vervain	X
Ferns	<i>Athyrium filix-femina</i>	common ladyfern	
	<i>Dryopteris marginalis</i>	marginal woodfern	
Grass & Grass-like	<i>Panicum virgatum</i>	switchgrass	X
	<i>Schizachyrium scoparium</i>	little bluestem	X

Visit [www.nwf.org/nativeplantfinder](http://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

Broken Arrow Nursery in Hamden, CT <https://www.brokenarrownursery.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>

### Wholesale Nurseries Serving This Ecoregion

Nasami Farms in Whately, MA <http://www.newenglandwild.org/visit/nasami-farm>  
 New Moon Nursery in Woodstown, NJ <http://www.newmoonnursery.com/>  
 North Creek Nursery in Landenberg, PA <https://www.northcreeknurseries.com/>  
 Planters' Choice Nursery in Newtown & Watertown, CT <https://planterschoice.com/>  
 Sudbury Nurseries West in Gill, MA <http://www.sudburynurserieswest.com>  
 Van Berkum Nurseries in Deerfield, NH <http://www.vanberkumnursery.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>

*Acknowledgements: The NWF wishes to thank Dr. Doug Tallamy of the University of Delaware, Penny Lewis and the Ecological Landscaping Alliance, for contributions to the information presented in this guide. Special thanks to American Beauties Native Plants for underwriting the development of these regional guides.*