



## Host Plants for Butterfly and Moth Caterpillars Rocky Mountains 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>Pinus ponderosa</i>	ponderosa pine	
	<i>Populus angustifolia</i>	narrowleaf cottonwood	
	<i>Populus deltoides</i>	plains cottonwood	
Shrubs	<i>Cornus sericea</i> syn. <i>Cornus alba</i>	red-osier (or red-twig) dogwood	X
	<i>Ericameria nauseosa</i> syn. <i>Chrysothamnus nauseosus</i>	rubber rabbitbrush	X
	<i>Rhus trilobata</i> syn. <i>Rhus aromatica</i>	skunkbush (or three-lobed) sumac	X
	<i>Ribes aureum</i>	golden currant	X
	<i>Salix exigua</i>	streambank or sandbar willow	X
	<i>Sambucus cerulea</i> syn. <i>Sambucus nigra</i>	blue elderberry	X
Flowering Perennials	<i>Aquilegia coerulea</i>	Colorado blue or Rocky Mountain columbine	X
	<i>Asclepias speciosa</i>	showy milkweed	X
	<i>Castilleja linearifolia</i>	Wyoming indian paintbrush	
	<i>Erigeron speciosus</i>	showy fleabane	X
	<i>Gaillardia aristata</i>	blanketflower	X
	<i>Helianthus annuus</i>	annual sunflower	X

	<i>Lupinus argenteus</i>	silvery lupine	X
	<i>Penstemon eatonii</i>	firecracker penstemon	X
	<i>Penstemon strictus</i>	Rocky Mountain penstemon	X
	<i>Sphaeralcea coccinea</i>	scarlet globemallow or cowboy's delight	X
	<i>Viola nutallii</i>	nuttall's violet	X
Grass & Grass-like	<i>Bouteloua gracilis</i>	blue grama	X
	<i>Festuca idahoensis</i>	Idaho fescue	
	<i>Leymus cinereus</i>	basin wild rye	
	<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

Fort Collins Nursery in Fort Collins, Colorado <http://www.fortcollinsnursery.com>  
 Harlequin's Gardens in Boulder, Colorado <http://www.harlequinsgardens.com>  
 High Country Gardens in Denver, Colorado <https://www.highcountrygardens.com/>  
 Western Native Seed in Coaldale, Colorado <http://www.westernnativeseed.com>  
 Wyoming Plant Company in Casper, Wyoming <https://wyomingplantcompany.com>

#### Wholesale Nurseries Serving This Ecoregion

Blackfoot Native Plants in Potomac, Montana <http://blackfootnativeplants.com/BlackfootNativePlants/>  
 Clearwater Native Plant Nursery in Redmond, OR <http://www.clearwaternatives.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>

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