



## NATIVE PLANT FINDER



# Commercially Available Host Plants for Butterflies and Moths

## ROCKY MOUNTAINS 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	Ponderosa Pine ( <i>Pinus ponderosa</i> )
	Narrowleaf Cottonwood ( <i>Populus angustifolia</i> )
	Plains Cottonwood ( <i>Populus deltoides</i> )
Shrubs	Red-Osier (Or Red-Twig) Dogwood ( <i>Cornus sericea</i> syn. <i>Cornus alba</i> )*
	Rubber Rabbitbrush ( <i>Ericamera nauseosa</i> syn. <i>Chrysothamnus nauseosus</i> )*
	Skunkbush (Or Three-Lobed) Sumac ( <i>Rhus trilobata</i> syn. <i>Rhus aromatica</i> )*
	Golden Currant ( <i>Ribes aureum</i> )*
	Streambank Or Sandbar Willow ( <i>Salix exigua</i> )*
	Blue Elderberry ( <i>Sambucus cerulea</i> syn. <i>Sambucus nigra</i> )*
Flowering Perennials	Colorado Blue Or Rocky Mountain Columbine ( <i>Aquilegia coerulea</i> )*
	Showy Milkweed ( <i>Asclepias speciosa</i> )*
	Wyoming Indian Paintbrush ( <i>Castilleja linearifolia</i> )

Plant Type	Plant Name
Flowering Perennials	Showy Fleabane ( <i>Erigeron speciosus</i> )*
	Blanketflower ( <i>Gaillardia aristata</i> )*
	Annual Sunflower ( <i>Helianthus annuus</i> )*
	Silvery Lupine ( <i>Lupinus argenteus</i> )*
	Firecracker Penstemon ( <i>Penstemon eatonii</i> )*
	Rocky Mountain Penstemon ( <i>Penstemon strictus</i> )*
	Scarlet Globemallow Or Cowboy's Delight ( <i>Sphaeralcea coccinea</i> )*
Grass & Grass-Like	Nuttall's Violet ( <i>Viola nutallii</i> )*
	Blue Grama ( <i>Bouteloua gracilis</i> )*
	Idaho Fescue ( <i>Festuca idahoensis</i> )
	Basin Wild Rye ( <i>Leymus cinereus</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

Fort Collins Nursery in Fort Collins, CO  
[www.fortcollinsnursery.com](http://www.fortcollinsnursery.com)

Harlequin's Gardens in Boulder, CO  
[www.harlequinsgardens.com](http://www.harlequinsgardens.com)

High Country Gardens in Denver, CO  
[www.highcountrygardens.com/](http://www.highcountrygardens.com/)

Western Native Seed in Coaldale, CO  
[www.westernnativeseed.com](http://www.westernnativeseed.com)

Wyoming Plant Company in Casper, WY  
[www.wyomingplantcompany.com](http://www.wyomingplantcompany.com)

## WHOLESALE NURSERIES SERVING THIS ECOREGION

Blackfoot Native Plants in Potomac, MO  
[www.blackfootnativeplants.com/BlackfootNativePlants/](http://www.blackfootnativeplants.com/BlackfootNativePlants/)

Clearwater Native Plant Nursery in Redmond, OR  
[www.clearwaternatives.com/](http://www.clearwaternatives.com/)



Visit the Native Plant Finder at [www.nwf.org/nativeplantfinder](http://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](http://www.cec.org/tools-and-resources/map-files/terrestrial-ecoregions-level-i)*

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*Photo: Uncas Skipper (Hesperia uncas – W.H. Edwards, 1863) Credit: Robert Wooley*