



Host Plants for Butterfly and Moth Caterpillars Temperate Sierras 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>Chilopsis linearis</i>	desert willow	X
	<i>Juniperus scopulorum</i>	Rocky Mountain Juniper	
	<i>Prunus virginiana</i>	chokecherry	X
	<i>Robinia neomexicana</i>	New Mexico locust	X
Shrubs	<i>Arctostaphylos patula</i>	greenleaf manzanita	X
	<i>Fallugia paradoxa</i>	Apache plume	X
	<i>Rosa woodsii</i>	Wood's rose	X
Flowering Perennials	<i>Artemisia frigida</i>	fringed sage	X
	<i>Artemisia tridentata</i>	big sage	X
	<i>Asclepias tuberosa</i>	butterfly milkweed	X
	<i>Castilleja integra</i>	wholeleaf Indian paintbrush	
	<i>Erigeron speciosus</i>	aspen fleabane	X
	<i>Lupinus argenteus</i>	silvery lupine	X
	<i>Oenothera caespitosa</i>	tufted evening primrose	X
	<i>Penstemon pseudospectabilis</i>	desert penstemon	X
	<i>Penstemon whippleanus</i>	Whipple's penstemon	X
<i>Sphaeralcea coccinea</i>	scarlet globe-mallow	X	

	<i>Thermopsis montana</i>	mountain goldenbanner	X
--	---------------------------	-----------------------	---

Visit 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

High Country Gardens (mail order) <https://www.highcountrygardens.com/>
Plants of the Southwest in Santa Fe & Albuquerque, NM <https://plantsofthesouthwest.com/>
Santa Ana Garden Center in Pueblo of Santa Ana, NM <http://www.santaana.org/garden.htm>

Wholesale Nurseries Serving This Ecoregion

Santa Ana Native Plant & Tree Nursery in Pueblo of Santa Ana, NM <http://www.santaana.org/nursery.htm>

*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, and Scott Canning of the Santa Fe Botanical Garden for information presented in this guide. Special thanks to American Beauties Native Plants for underwriting the development of these regional guides.