

Butterfly Nectar Plants for Central Texas

For more information, contact the ABF:
 Austin Butterfly Forum
 www.austinbutterflies.org

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**The following native nectar plants will attract a wide variety of butterflies and other insects.
 Plant the appropriate caterpillar host plants to provide larval food for specific butterflies.**

Plant Family	Common Name	Scientific Name	Bloom Period	Notes
Anacardiaceae - Sumac Family				
	Fragrant Sumac	<i>Rhus aromatica</i>	spring	
	Plains Sumac	<i>Rhus lanceolata</i>	summer	
	Evergreen Sumac	<i>Rhus virens</i>	fall	
Apiaceae - Parsley Family				
	Queen Anne's Lace, Wild Carrot	<i>Daucus carota</i>	summer	
Asclepiadaceae - Milkweed Family				
	Milkweed, Butterflyweed	<i>Asclepias sp.</i>	summer	(Monarch host)
Asteraceae - Aster Family				
	Spanish Needles	<i>Bidens bipinnata</i>	summer, fall	
	Shrubby Boneset, Thoroughwort	<i>Eupatorium havanense</i>	fall, winter	
	Gregg's Mistflower	<i>Eupatorium greggii</i>	summer, fall	
	Blazing star, Gayfeather	<i>Liatris mucronata</i>	fall	
	Camphorweed, Goldenaster	<i>Heterotheca canescens</i>	fall	
	Climbing Hempweed	<i>Mikania scandens</i>	summer	
	Palafoxia	<i>Palafoxia sp.</i>	summer, fall	(annual)
	Groundsel	<i>Senecio sp.</i>	spring, summer	
	Cowpen Daisy	<i>Verbesina encelioides</i>	summer, fall	(annual)
	Frostweed	<i>Verbesina virginica</i>	fall	(fall nectar for monarchs)
Berberaceae - Barberry Family				
	Agarita	<i>Berberis trifoliolata</i>	spring	(xeric)
Boraginaceae - Borage Family				
	Anacua, Knockaway	<i>Ehretia anacua</i>	spring	(tree)
	Heliotrope	<i>Heliotropium sp.</i>	fall	
Campanulaceae - Bellflower Family				
	Cardinal Flower	<i>Lobelia cardinalis</i>	summer, fall	(grows in moist soil)
Fabaceae - Legume Family				
	Eastern Redbud	<i>Cercis canadensis</i>	spring	
	Texas Kidneywood	<i>Eysenhardtia texana</i>	summer	
Hydrophyllaceae - Waterleaf Family				
	Blue-curls, Caterpillars	<i>Phacelia congesta</i>	summer	

Lamiaceae - Mint Family

Mealy Blue Sage	<i>Salvia farinacea</i>	summer	
Tropical Sage, Tropical Salvia	<i>Salvia coccinea</i>	summer, fall	
Lemon Beebalm, Horsemint	<i>Monarda citriodora</i>	summer	
Wild Bergamot	<i>Monarda fistulosa</i>	summer	
Spotted Beebalm, Horsemint	<i>Monarda punctata</i>	summer	

Liliaceae - Lilly Family

Meadow Garlic, Wild Onion	<i>Allium canadense</i>	spring	
Drummond's Onion	<i>Allium drummondii</i>	early spring	

Loganiaceae - Buddleia Family

Wand butterflybush	<i>Buddleja racemosa</i>	summer	(this species is native)
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Malvaceae - Mallow Family

Turk's Cap	<i>Malvaviscus arboreus</i>	summer, fall	(grows in shade)
Rose Pavonia	<i>Pavonia lasiopetala</i>	summer, fall	

Oleaceae - Olive Family

Elbowbush	<i>Forestiera pubescens</i>	spring	(one of the 1st to bloom)
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Rhamnaceae - Buckthorn Family

Brasil, Brazilian Bluewood	<i>Condalia hookeri</i>	spring	
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Rosaceae - Rose Family

Carolina Laurel Cherry	<i>Prunus caroliniana</i>	spring	
Mexican Plum	<i>Prunus mexicana</i>	spring	
Texas Almond	<i>Prunus minutiflora</i>	spring	
Hog Plum	<i>Prunus rivularis</i>	spring	
Escarpment Black Cherry	<i>Prunus serotina</i>	spring	

Rubiaceae - Madder Family

Common Buttonbush	<i>Cephalanthus occidentalis</i>	fall	(grows in moist soil)
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Sapindaceae - Soapberry Family

Western Soapberry	<i>Sapindus drummondii</i>	early summer	
Mexican Buckeye	<i>Ungnadia speciosa</i>	spring	

Vitaceae - Grape Family

Peppervine	<i>Ampelopsis sp.</i>	summer	
Grapes	<i>Vitis sp.</i>	fall	(fermenting fruit as bait)

Verbenaceae - Verbena Family

Whitebrush	<i>Aloysia gratissima</i>	summer, fall	
Texas Lantana	<i>Lantana horrida</i>	summer, fall	
Bushy Lippia	<i>Lippia alba</i>	summer, fall	
Mexican Oregano	<i>Lippia graveolens</i>	summer, fall	
Lanceleaf Frogfruit	<i>Phyla lanceolata</i>	spring to fall	(ground cover)
Rose Mock Vervain	<i>Verbena canadensis</i>	spring to fall	

Above list of nectar plants modified from Chris Durden's plant list linked here:

Central Texas Butterfly Gardening - Nectar Sources and Butterfly Attractants

<http://www.utexas.edu/tmm/tnhc/entomology/butterfly/bffood.html>