

Native Iowa Butterfly Plants

common name	Latin name	butterfly or caterpillar attracted	moisture requirement	notes
yarrow	<i>Achillea millefolium</i>			
pearly everlasting	<i>Anaphalis margaritacea</i>	APL		
pussy toes	<i>Antennaria neglecta</i>	APL	dry	
dogbane, Indian hemp	<i>Apocynum sibiricum</i>	american snout, ETB, monarch, mourning cloak, pearl crescent	moist	2' - 4' tall
prairie sage	<i>Artemisia ludoviciana</i>	APL	dry	spreads by roots in damp conditions
milkweed	<i>Asclepias syriaca</i> (common), <i>A. incarnata</i> (swamp), others	monarch, mourning cloak, question mark, common sulfur, eastern black swallowtail, tiger swallowtail	dry	
butterfly weed	<i>Asclepias tuberosa</i>	monarch, red admiral, swallowtails	dry	see milkweeds
aster	<i>Aster</i> spp. (<i>A. ericoides</i> , <i>A. laevis</i> , <i>A. sericeus</i> , <i>A. novae-angliae</i>)	APL, question mark, sulfurs, pearl crescent	NE aster:moist, others: dry	silky aster (<i>A. sericeus</i>) favored by rabbits
false indigo	<i>Baptisia bracteata</i> , <i>B. lactea</i>	dogface butterfly		<i>B. australis</i> not native to Iowa
turtlehead	<i>Chelone glabra</i>	baltimore checkerspot	moist	
thistle	<i>Cirsium discolor</i> ,			avoid non-native thistles
coreopsis, tickseed	<i>coreopsis lanceolata</i> , <i>c. verticillata</i>	queen, viceroy, red admiral	dry	
prairie clovers	<i>Dalea purpurea</i> (purple prairie clover) <i>D. candida</i> (white prairie clover)	blues, sulphurs, dogface butterfly	dry	avoid non-native clovers
pale purple coneflower	<i>Echinacea pallida</i>		dry	<i>E. purpurea</i> (purple coneflower) is native only to southern tier of Iowa counties
boneset	<i>Eupatorium perfoliatum</i>	APL, red admiral, swallowtails, monarch, skippers	moist	
joe-pye weed	<i>Eupatorium purpureum</i>	anise swallowtail, great spangled fritillary		
ox eye sunflower	<i>Heliopsis helianthoides</i>	fritillary, hairstreak,	dry-moist	can self sow, especially if moist
blazing star, gay feather	<i>Liatris aspera</i> (rough blazing star), <i>L. squarrosa</i> (scaly b.s.), <i>L. punctata</i> (dotted b.s.)	monarch, APL, fritillaries,skippers, sulphurs, coppers, checkerspots	dry	nice short species
blazing star, gay feather	<i>Liatris spicata</i> , <i>L. pycnostachya</i> ,	monarch, APL, fritillaries,skippers, sulphurs, coppers, checkerspots	moist	often flops over during bloom period
bee balm	<i>Monarda didyma</i> , <i>Monarda fistulosa</i>	tiger swallowtail, mourning cloak, ETB, Milbert's tortoise shell, APL	<i>M. didyma</i> :moist, <i>M. fistulosa</i> :dry	
phlox	<i>Phlox pilosa</i> , <i>P. maculata</i>	common sulfur, eastern black swallowtail, tiger swallowtail		use native phlox spp. only
plantain (native spp)	<i>Plantago patagonica</i>	buckeye		NOT buckhorn or english plantain (<i>P. lanceolata</i>)
mountain mint	<i>Pycnanthemum virginianum</i> , <i>P. tenuifolium</i>	red admiral, ETB	P.V.: moist, P.T.:dry	
wild rose	<i>Rosa</i> spp.	baltimore checkerspot, mourning cloak		some species spread extensively by roots

