

Native Iowa Butterfly Plants

common name	Latin name	butterfly or caterpillar attracted	moisture requirement	notes
alexanders	<i>Zizia aptera</i> (heartleaf alexander), <i>Z. aurea</i> (golden alexander)	black swallowtail	medium moist-moist	
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
bee balm	<i>Monarda didyma</i> , <i>Monarda fistulosa</i>	tiger swallowtail, mourning cloak, ETB, Milbert's tortoise shell, APL	M. didyma:moist, M. fistulosa:dry	
black-eyed Susan	<i>Rudbeckia</i> spp.	whites, sulphurs, brushfoots, skippers, blues	R. hirta:dry Others:medium-moist	
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
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
boneset	<i>Eupatorium perfoliatum</i>	APL, red admiral, swallowtails, monarch, skippers	moist	
butterfly weed	<i>Asclepias tuberosa</i>	monarch, red admiral, swallowtails	dry	see milkweeds
coreopsis, tickseed	<i>coreopsis lanceolata</i> , <i>c. verticillata</i>	queen, viceroy, red admiral	dry	
dogbane, Indian hemp	<i>Apocynum sibiricum</i>	american snout, ETB, monarch, mourning cloak, pearl crescent	moist	2' - 4' tall
false indigo	<i>Baptisia bracteata</i> , <i>B. lactea</i>	dogface butterfly		<i>B. australis</i> not native to Iowa
goldenrod	<i>Solidago</i> spp.	monarch, viceroy, sulphurs, whites, coppers, hairstreaks, APL	varies	self sows
ironweed	<i>Vernonia fasciculata</i>	APL, swallowtails, fritillary, silver - spotted skipper		3' - 4' tall
joe-pye weed	<i>Eupatorium purpureum</i>	anise swallowtail, great spangled fritillary		
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	
mountain mint	<i>Pycnanthemum virginianum</i> , <i>P. tenuifolium</i>	red admiral, ETB	P.V.: moist, P.T.:dry	
ox eye sunflower	<i>Heliopsis helianthoides</i>	fritillary, hairstreak,	dry-moist	can self sow, especially if moist
pale purple coneflower	<i>Echinacea pallida</i>		dry	<i>E. purpurea</i> (purple coneflower) is native only to southern tier of Iowa counties
pearly everlasting	<i>Anaphalis margaritacea</i>	APL		
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>)

