

## Butterflies seen in our garden – and their food sources

### LARVAL PLANTS

Butterfly	Larval plants	*found in or near the garden
Admiral	*Nettle (creek area), hops	
Anise Swallowtail	*Fennel	
Blues, various	*Eriogonums, clovers, *buckeye (creek area), *Ceanothus	
Buckeye	*Plantain, *Snapdragons	
Cabbage Whites	*Brassicas	
Checkered skipper	*Mallows	
Common Checkerspot	*Mimulus	
Common Hairstreak	*Mallows, *beans, *lupins, hops	
Fiery Skipper	*Grasses	
Gulf Fritillary	passion vines	
Monarch	*Asclepias	
Pipevine swallowtail	*Pipevine	
Sulphur	*lupins	
West Coast Lady	*Mallows	

### NECTAR PLANTS

*Achillea*  
*Lobularia maritima*  
*Cirsium occidentale*  
*Coreopsis stillmannii*  
*Cosmos*  
*Dahlia sp.* (Gulf Fritillaries)  
*Erigeron glauca*  
*Eriogonum grande rubescens*, *E. latifolium*, *E. giganteum*  
Flowering umbels like carrot and parsley  
*Gilia achilleifolium* (small butterflies)  
*Lavandula angustifolia* (Hairstreak)  
*Phyla nodiflora*  
*Monardella villosa*  
*Rudbeckia triloba*  
*Scabiosa anthemifolia*, *S. rumelica*, *S. atropurpurea*  
*Verbena bonariensis*  
*Tagetes*  
*Zinnia peruviana*

### WATER AND SALTS

Puddle area in garden (and along the creek)