



Hummingbirds & Butterflies

Hummingbirds

Hummingbirds are attracted to the color red. The more red colored flowers you have in your garden, the greater the chance hummingbirds will visit. They also like purple and pink. Hummingbirds use their long, narrow beak to drink from tubular flowers that are full of nectar. Keep that in mind when shopping for flowers to plant. Resist the temptation to hang a feeder with the hummingbird plants. It's best for them to get the natural nectar out of the plants around them. But if you hang a feeder, please don't use the nectar with red food coloring. This is unhealthy for hummingbirds.

Butterflies

Brightly colored flowers are magnets for butterflies, bees, and many other beneficial insects. To attract as many butterflies as possible, plant large groupings of their favorite flowers. Include plants that bloom during each part of the growing season. That way they'll have something to eat from spring to fall. There are two different types of plants you can grow for butterflies: nectar food sources and larval food sources. Nectar food sources nourish adult butterflies and larval food sources (aka host plant) is what adult butterflies lay eggs on. When the eggs hatch, the caterpillars eat the host plants, eventually turning into adult butterflies.

Swallowtail Larval Food

Dill, Parsley, Fennel, Carrots

Nectar Sources	
Genus Name	Common Name
Achillea	Yarrow
Agastache	Hummingbird Bird
Alcea	Hollyhock
Aquilegia	Columbine
Asclepias	Milkweed
Aster	Hardy Aster
Baptisia	False Indigo
Buddleia	Butterfly Bush
Campanula	Bellflower
Campsis	Trumpet Vine
Centranthus	Jupiter's Beard
Ceratostigma	Plumbago
Chelone	Turtlehead
Chrysanthemum	Hardy Mum
Cimicifuga	Snakeroot
Coreopsis	Tickseed
Delphinium	Larkspur
Dianthus	Garden Pinks
Digitalis	Foxglove
Echinacea	Coneflower
Echinops	Globe Thistle

Monarch Larval Food

Milkweeds, Butterfly Weed

Nectar Sources	
Genus Name	Common Name
Eupatorium	Joe Pye Weed
Gaillardia	Blanket Flower
Lavandula	Lavender
Liatris	Gayfeather
Lilium	Lilies
Lobelia	Cardinal Flower
Lupinus	Lupine
Malva	Mallow
Monarda	Bee Balm
Nepeta	Catmint
Origanum	Oregano
Papaver	Poppy
Penstemon	Beardtongue
Phlox	Garden Phlox
Physostegia	Obedient Plant
Rudbeckia	Black Eyed Susan
Salvia	Meadow Sage
Scabiosa	Pincushion Flower
Sedum	Stonecrop
Solidago	Goldenrod
Stachys	Lamb's Ear