

About butterflies

- Butterflies are some of the most beautiful and graceful of the pollinators.
- Butterflies collect pollen on their legs and body as they flit from flower to flower and are important pollinators for many native plant species.
- Butterflies are most common in summer and fall in our area.
- Butterflies require different food sources for the caterpillar and the adult life stages.





About caterpillars

- Host plants are the plant species a specific caterpillar will eat. Butterflies lay their eggs on these plants.
- Caterpillars, or larvae, are the immature (can't reproduce) stage of a butterfly.
- They are "eating machines" and from egg hatch to adult metamorphosis that's what they do, gobble the leaves of host plants.
- Butterfly larva can be picky eaters: some will eat only one species while others eat a broader variety of plants.



Adults sig nectar

- After metamorphosis the beautiful adults visit flowers to gather nectar for energy, sipping the liquid with long straw-like mouthparts.
- Some butterflies are more picky about nectar sources than others.

Butterflies and host plants



Pipevine Swallowtail



Aristolochia californica California pipevine





Gulf Fritillary

Passiflora species passionflower vine



Western Tiger Swallowtail



Fraxinus species ash tree



Mournful Dusky-Wing



Quercus species oak tree

Nectar plants for adult butterflies



Asclepias species milkweed



Lavandula x ginginsii 'Goodwin Creek Gray', Goodwin Creek lavender



Buddleja davidii hybrids butterfly bush



Scabiosa atropurpurea pincushion flower



Shapiro, A.M.and T.D. Manolis. 2007. Field Guide to Butterflies of the San Francisco Bay and Sacramento Valley Region (California Natural History Guides). Berkeley: University of California Press.

Ponder, Marissa V. How to Attract and Maintain Pollinators in Your Garden. ANR Publication 8498, October 2013.

Photo credits: Ellen Zagory (unless otherwise noted)