

**On the front cover . . .**

*Eastern tiger swallowtail*, a species native to eastern North America. It is one of the most familiar butterflies in the eastern USA and flies from spring to fall. It is a beautiful, large butterfly; outspread wings can be 3" to 5.5" tip to tip. *Males* are always yellow with four black "tiger stripes" on each forewing. *Females* may be either yellow or black. The yellow female is similar to the male, but with a conspicuous band of blue spots along the hindwing.

← More about butterflies

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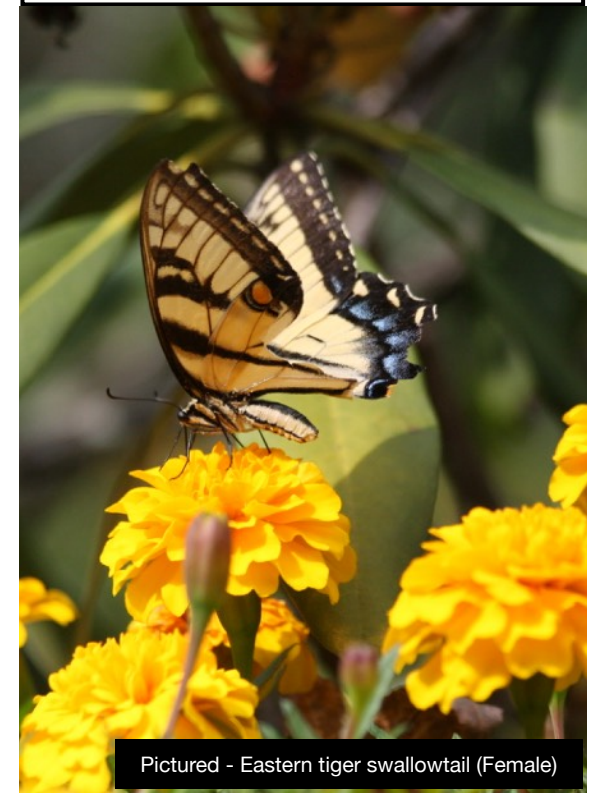
**Create a  
LIVELY  
& COLORful  
garden  
with  
butterflies.**

**It can be as  
small as a  
window box or  
as large as your  
entire garden.**



**Borough of Alpine**

**How  
to Attract  
Butterflies &  
Help Pollinators**



Pictured - Eastern tiger swallowtail (Female)

**Create  
a Butterfly  
Garden**

**Alpine Environmental Commission**

## How to add plants to your garden to attract butterflies and help pollinators

**The most important step** to attract butterflies is to provide their favorite nectar and host plants.

**Nectar** plants provide the main food source for most adult butterflies. Be sure to place plants in large clusters and, to ensure a continuous food supply, include a variety of plants with a staggered blooming season. Each species of butterflies has its nectar plant preferences and some plants are attractive to a wider variety of butterfly species than others.

To attract even more butterflies, provide **host** plants which females will use for egg laying and as a food source for the caterpillars that hatch. By including host plants, you increase the chances that the adult female butterflies you attract will linger and lay eggs. **The Monarch population is in decline due to the increasing loss of their ONLY host plant; milkweed (*asclepias tuberosa*).**

### Butterflies like . . .

- **Abundant, nectar-rich blooms**
- **Host plants on which to lay eggs**
- **Sunny locations**
- **Flat rocks for basking in the sun**
- **Shelter from wind**
- **Moist areas for 'puddling'**
- **No pesticides in their garden**



**Bees** are the most beneficial insects in our garden. They pollinate flowers, fruits, and vegetables and their services provide food for butterflies. Plant some of their favorites such as black-eyed Susan, lamb's ears, lavender, sage, sedum, sunflowers, verbena, and yarrow.

**For pollinator friendly plants in our region:** <https://www.xerces.org/publications/plant-lists/pollinator-plants-mid-atlantic-region>








**Gardening for pollinators:** [www.fs.fed.us/wildflowers/pollinators/gardening.shtml](http://www.fs.fed.us/wildflowers/pollinators/gardening.shtml)

**Attracting pollinators using native plants:** [www.fs.fed.us/wildflowers/pollinators/documents/AttractingPollinatorsEasternUS\\_V1.pdf](http://www.fs.fed.us/wildflowers/pollinators/documents/AttractingPollinatorsEasternUS_V1.pdf)

### SOME COMMON BUTTERFLY SPECIES

### NECTAR PLANTS (adult food source – partial list) \* denotes invasive plant

### HOST PLANTS (for egg laying – partial list)

	<b>Black Swallowtail</b> <i>New Jersey's official state butterfly</i>	Butterfly Weed, Clover, Phlox, Thistle	Parsley, Fennel, Dill, Queen Anne's Lace
	<b>Eastern Tiger Swallowtail</b>	Butterfly Bush*, Lilac, Bee Balm	Cherry, Tulip Tree
	<b>Cabbage White</b>	Aster, Lantana, Mint	Cabbage, Broccoli, Nasturtium
	<b>Great Spangled Fritillary</b>	Black-eyed Susan, Purple Coneflower, Thistle, Verbena	Violet
	<b>Pearl Crescent</b>	Aster, Milkweed, Zinnia	Aster
	<b>Mourning Cloak</b>	Butterfly Bush*, Milkweed, Zinnia, Tree Sap	Birch, Willow, Hackberry
	<b>Painted Lady</b>	Aster, Butterfly Bush*, Joe-Pye Weed, Zinnia	Hollyhock, Mallow, Thistle
	<b>Buckeye</b>	Aster, Milkweed, Coreopsis, Chicory	Snapdragon, Plantain, Verbena
	<b>Monarch</b>	Black-eyed Susan, Butterfly Bush*, Coreopsis, Cosmos, Goldenrod, Lantana, Lilac, Marigold, Pentas, Purple Coneflower, Zinnia	Milkweed ( <i>native species such as asclepias tuberosa</i> )