

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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available at
alpinenj07620.org/ec

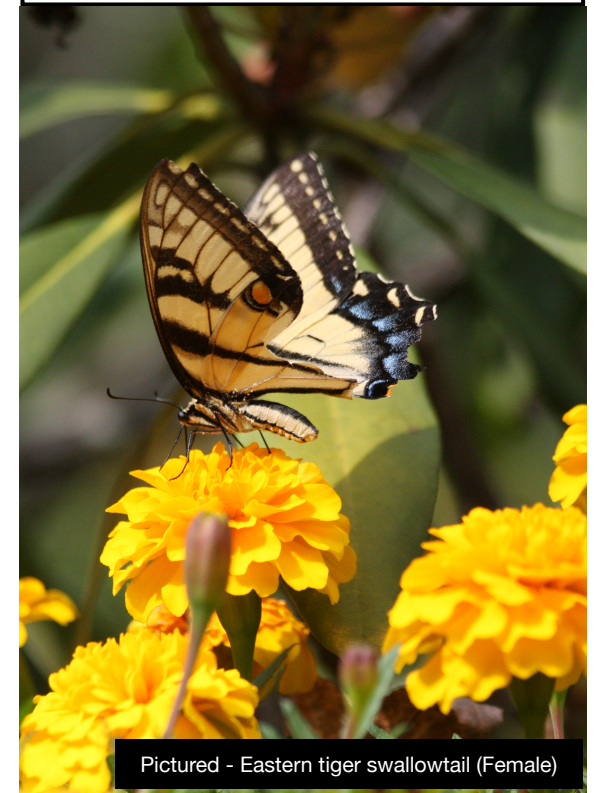
**Create a
LIVELY
& COLORful
garden
with
butterflies.**

**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>

SOME COMMON BUTTERFLY SPECIES

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

HOST PLANTS (for egg laying – partial list)

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