



BUTTERFLY NECTAR PLANTS FOR NEW JERSEY GARDENS

NATIVE NECTAR PLANTS

Common Name

Asters
Black-eyed Susan
Blue Flag Iris
Blazing-Star
Blue Giant Hyssop
Boneset
Cup Plant
Eastern Blue Stars
Goldenrods
Indian-Hemp
Joe Pye Weed

Milkweeds

Mistflower
Mountainmint

New York Ironweed
Oxeye, or False Sunflower
Fall or Garden Phlox
Pickernelweed
Giant Hyssop (Purple, Yellow)

Spreading Dogbane
Sunflowers
Thistle (native species)
Wild Bergamot
Wild Geranium

Scientific Name

Aster spp. (aka *Symphotrichum*, *Eurybia*)
Rudbeckia hirta or *fulgida* (Orange Coneflower)
Iris versicolor (good for wet areas)
Liatris spicata
Agastache foeniculum and cultivars (seeds prolifically)
Eupatorium perfoliatum
Silphium perfoliatum
Amsonia tabernaemontana and cultivars
Solidago spp. (avoid *S. rugosa*—invasive)
Apocynum cannabinum (weedy—good for meadows)
Eupatorium (or *Eutrochium*) *dubium* (Coastal Plain JPW),
fistulosum (Hollow JPW), *maculatum* (Spotted JPW), *purpureum*
(Sweet JPW)
Asclepias incarnata (Swamp), *purpurea* (Purple), *syriaca*
(Common), *tuberosa* (Butterfly—needs excellent drainage)
Eupatorium (or *Conoclinium*) *coelestinum*
Pycnanthemum incanum (Hoary), *muticum* (Short-toothed),
virginianum (Virginia), *tenuifolium* (Narrow-leaved)
Vernonia noveboracensis
Heliopsis helianthoides
Phlox paniculata (Variety ‘Jeana’ is recommended.)
Pontederia cordata (aquatic)
Agastache scrophulariifolia and *nepetoides* (both seed
prolifically)
Apocynum androsaemifolium (good for a meadow)
Helianthus spp.
Cirsium discolor (Field), *muticum* (Swamp), *pumilum* (Pasture)
Monarda fistulosa
Geranium maculatum (woodland edge/half sun)

Native Shrubs for Nectar

Blackberry
Bottlebrush Buckeye
Buttonbush
New Jersey Tea
Shrub Dogwoods

Rubus alleghaniensis (spiny, weedy)
Aesculus parviflora
Cephalanthus occidentalis (good for wet areas)
Ceanothus americanus
Cornus stolonifera (or *sericea*) (Redosier), *amomum* (Silky)

Native Trees for Nectar

Eastern Redbud
Sourwood

Cercis canadensis
Oxydendrum arboreum

NON-NATIVE NECTAR PLANTS

Catmint
Purpletop Verbena
French Marigold
Lavender
Lily
Mexican Sunflower
Purple Coneflower
Salvia
Scabiosa (Pincushion Flower)

Nepeta cataria
Verbena bonariensis
Tagetes patula
Lavandula spp.
Lilium spp. and cultivars
Tithonia rotundifolia
Echinacea purpurea (native to U.S., but not N.J.)
Salvia spp. and cultivars
Scabiosa caucasica

Sedum
Zinnia
Tropical Milkweed

Sedum spp. and cultivars
Zinnia cultivars
Asclepias curassavica

Non-Native Shrubs for Nectar

Butterfly Bush
Caryopteris
Lilac
Privet

Buddleia davidii cultivars (Caution: may be invasive)
Caryopteris cultivars
Syringa vulgaris cultivars
Ligustrum vulgare (Common), *L. japonicum* (Japanese)
(If allowed to bloom before shearing)

Naturalized Nectar Plants

(Non-native plants that thrive without cultivation; some may be invasive)

Cypress Spurge
Dame's Rocket
Knapweed
Oxeye Daisy
Red Clover
Perennial Pea
Thistles

Euphorbia cyparissias
Hesperis matronalis
Centaurea maculosa (Spotted), *nigra* (Black)
Leucanthemum vulgare
Trifolium pratense
Lathyrus latifolius
Carduus spp., *Cirsium arvense* (Canada Thistle)

**When you purchase plants for butterflies, check with the seller to be SURE
that the grower has NOT treated them with systemic insecticides—
treated plants will KILL caterpillars and butterflies!**

**LOOK FOR MORE INFORMATION ABOUT BUTTERFLIES AND BUTTERFLY GARDENING
ON THE WEBSITE OF THE NEW JERSEY BUTTERFLY CLUB:**

www.naba.org/chapters/nabanj

