



## New Jersey Butterfly Club

[www.njbutterflies.org](http://www.njbutterflies.org)



# 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  
Pickerelweed  
Giant Hyssop (Purple, Yellow)  
  
Spreading Dogbane  
Sunflowers  
Thistle (native species)  
Wild Bergamot  
Wild Geranium

#### Scientific Name

*Aster* spp. (aka *Symphyotrichum*, *Eurybia*)  
*Rudbeckia hirta* or *fulgida* (aka 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. and cultivars (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), *tenuifolium* (Narrow-leaved)  
*Vernonia noveboracensis*  
*Heliopsis helianthoides*  
*Phlox paniculata*  
*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  
Blueberries, Huckleberries  
Bottlebrush Buckeye  
Buttonbush  
New Jersey Tea  
Ninebark  
Shrub Dogwoods  
Spicebush  
Coastal Sweetpepperbush  
Viburnums  
Wild Hydrangea

*Rubus alleghaniensis* (spiny, weedy, good for meadow)  
*Vaccinium* spp., *Gaylussacia* spp.  
*Aesculus parviflora*  
*Cephalanthus occidentalis* (good for wet areas)  
*Ceanothus americanus*  
*Physocarpus opulifolius*  
*Cornus stolonifera* (or *sericea*) (Redosier), *amomum* (Silky)  
*Lindera benzoin*  
*Clethra alnifolia*  
*Viburnum* spp.  
*Hydrangea arborescens*

### 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)  
Sedum  
Zinnia  
Lantana

*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 (blue preferred over red)  
*Scabiosa caucasica*  
*Sedum* spp. and cultivars  
*Zinnia elegans* and cultivars  
*Lantana camara*

**Non-Native Shrubs for Nectar**

Butterfly Bush  
  
Caryopteris  
Lilac

*Buddleia davidii* and cultivars (Caution: may be invasive; sterile cultivars are available)  
*Caryopteris clandonensis* and cultivars  
*Syringa vulgaris* and cultivars

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

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