

## Specialist Host Plants

- *Ageratina altissima*, White Snakeroot: Host of larval *Leucospilaptery x venustella*, a leaf-miner moth
  - [https://auth1.dpr.ncparks.gov/moths/view.php?MONA\\_number=698.00](https://auth1.dpr.ncparks.gov/moths/view.php?MONA_number=698.00)
- *Anemone canadensis*, Canadian Windflower: Host plant for the veiled ear moth (*Loscopia velata*) and the one-lined Sparganothis (*Sparganothis unifasciana*)
  - <https://plantfinder.nativeplanttrust.org/plant/Anemone-canadensis#Ecology>
- *Aquilegia canadensis*, Red Columbine: Columbine is the larval host plant of the Columbine Duskywing butterfly.
  - [https://wisconsinpollinators.com/Plants/P\\_details.aspx?plantid=2](https://wisconsinpollinators.com/Plants/P_details.aspx?plantid=2)
- *Baptisia australis*, False Indigo: False Indigo is a host plant for the larval Frosted Elfin, Wild Indigo Duskywing, Clouded Sulphur, Eastern Tailed-Blue, Orange Sulphur, and Hoary Edge butterflies.
  - <https://abnativeplants.com/blogs/posts/false-indigo-a-native-plant-with-rich-color-and-richer-history>
- *Caltha palustris*, Marsh Marigold: sunny spring blooms feed halictid bees and flower flies, important pollinators
  - <https://livegreenhoward.com/wp-content/uploads/2020/04/HoCo-Bee-City-Wet-FINAL-4-30-2020-.pdf>
- *Viola sororia*, Common Blue Violet: Spring-blooming groundcovers, violets host fritillary butterfly caterpillars. Violet miner bees specialize on the pollen of violets to feed their young.
  - <https://livegreenhoward.com/wp-content/uploads/2020/04/HoCo-Bee-City-Wet-FINAL-4-30-2020-.pdf>
- *Campanula americana*, American Bellflower: Long-tongued bees are the primary pollinators, including bumblebees and leaf-cutting bees (*Megachilidae*), including the specialized bees *Megachile campanulae* and *Colletes brevicornis*. Other pollinators are Halictid bees, butterflies, and skippers
  - <https://plants.ces.ncsu.edu/plants/campanula-americana/>
- *Chelone glabra*, White Turtlehead: It is a host plant for Baltimore checkerspot and buckeye butterflies.
  - <https://plantfinder.nativeplanttrust.org/plant/Chelone-glabra>
- *Heliopsis helianthoides*, Ox Eye: The ground nesting bee, *Holcopasites heliopsis*, is a specialist pollinator of *Heliopsis helianthoides*, Also a larval host for the painted lady butterfly, *Vanessa virginiensis*.
  - <https://reedycreekcoalition.org/2013/07/16/plants-for-the-watershed-heliopsis-helianthoides/>
  - [https://www.nrcs.usda.gov/Internet/FSE\\_PLANTMATERIALS/publications/copmsfs11204.pdf](https://www.nrcs.usda.gov/Internet/FSE_PLANTMATERIALS/publications/copmsfs11204.pdf)
- *Helianthus tuberosus*, Sunchoke: This is a larval host plant that supports Silvery Checkerspot (*Chlosyne nycteis*). The Silvery Checkerspot has at least 1-2 broods in the north from June-July.
  - <https://plants.ces.ncsu.edu/plants/helianthus-tuberosus/>
- *Lilium superbum*, Turk's Cap Lily: attracts all nectar-loving pollinators, including hummingbirds

- <https://plants.ces.ncsu.edu/plants/lilium-superbum/>
- *Mertensia virginica*, Virginia Bluebells: honeybees, bumblebees, Anthophorid bees (*Anthophora* spp., *Synhalonia* spp.), and mason bees (*Osmia* spp.); the Giant Bee Fly (*Bombylius major*), butterflies, skippers, and Sphinx moths, including a hummingbird moth (*Hemaris thysbe*) and a Ruby-throated hummingbird
  - <http://www.illinoiswildflowers.info/woodland/plants/bluebells.htm>
- *Senna hebecarpa*, Wild Senna: Host to sleepy oranges, cloudless sulphurs, little yellows. Insects like ladybird beetles, ants and flies nectar at the glands found at the base of the petioles because the flowers are nectarless.
  - <https://www.lewisginter.org/butterfly-host-plants/>
  - <https://plants.ces.ncsu.edu/plants/senna-hebecarpa/>
- *Wisteria frutescens*, American Wisteria: Host to silver-spotted skipper and long-tailed skipper. Host plant for Zarucco Duskywing.
  - <https://plants.ces.ncsu.edu/plants/wisteria-frutescens/>
  - <https://www.lewisginter.org/butterfly-host-plants/>
- *Symphotrichum laeve*, Smooth Aster: Host to pearl crescents, silvery checkerspots, American ladies, support the following specialized bees: *Andrena* (*Callandrena s.l.*) *asteris*, *Andrena* (*Callandrena s.l.*) *asteroides*, *Andrena* (*Cnemidandrena*) *hirticincta*, *Andrena* (*Cnemidandrena*) *nubecula*, *Andrena* (*Callandrena s.l.*) *placata*, *Andrena* (*Callandrena s.l.*) *simplex*, and *Colletes simulans*.
  - <https://plants.ces.ncsu.edu/plants/symphotrichum-laeve/>
  - <https://www.lewisginter.org/butterfly-host-plants/>
- *Viburnum dentatum*, Arrowwood Viburnum: Host to spring azures and hummingbird clearwing moths.
  - <https://www.lewisginter.org/butterfly-host-plants/>
- *Vaccinium corymbosum*, Highbush Blueberry: Host to spring azures, brown elfins, striped hairstreaks, and several moth species.
  - <https://www.lewisginter.org/butterfly-host-plants/>
- *Sassafras albidum*, Sassafras: Host to spicebush swallowtails (*Papilio troilus*) and several moth species. supports Imperial Moth (*Eacles imperialis*) larvae
  - <https://plants.ces.ncsu.edu/plants/sassafras-albidum/>
  - <https://www.lewisginter.org/butterfly-host-plants/>
- *Symphotrichum novae-angliae*, New England Aster: Hosts the Silvery Checkerspot and Pearl Crescent, and supplies nectar to many more.
  - <https://gardenswithwings.com/plant/aster>
- *Solidago canadensis*, Canadian Goldenrod: supports Wavy-lined Emerald (*Synchlora aerata*) larvae.
  - <https://plants.ces.ncsu.edu/plants/solidago-canadensis/>
- *Sedum ternatum*, Woodland Stonecrop: host to Variegated fritillary (*Euptoieta claudia*)
  - <https://www.lewisginter.org/visit/events/butterflies-live/attract-native-butterflies/>
- *Desmodium canadense*, Showy Tick Trefoil: larval host to Eastern Tailed Blue, Hoary Edge, Silver-spotted Skipper
  - <https://growitbuildit.com/desmodium-canadense-showy-tick-trefoil/>

- *Liatris spicata*, Blazing Star: Larval forms of *Schinia sanguinea* (Liatris Flower Moth) feed on the flowers and seeds, and the larval form of *Carmenta anthracipennis* (Liatris Borer Moth) eat the stems.
  - <https://plants.ces.ncsu.edu/plants/liatris-spicata/>
- *Lamium purpureum*, Deadnettle (Naturalized in US): Caterpillars of the butterflies *Vanessa atalanta* (Red Admiral), *Nymphalis milberti* (Milbert's Tortoiseshell), *Polygonia comma* (Comma), and *Polygonia interrogationis* (Question Mark) feed on the foliage of *Urtica* spp. (nettles). Other insects that feed on nettles include larvae of the moth *Glyphipterix quadragintapunctata*, and the leafhopper *Empoasca vergena*.
  - [https://www.illinoiswildflowers.info/savanna/plants/sl\\_nettle.htm](https://www.illinoiswildflowers.info/savanna/plants/sl_nettle.htm)
- *Salvia coccinea*, Blood Sage (Annual): larval host by the Painted Lady butterfly, nectar source for the Orange-barred Sulphur, Monarch, Cloudless Sulphur, Giant Swallowtail, Zebra Longwing, Gulf Fritillary, Spicebush Swallowtail, and many other butterflies
  - [https://www.buyrareseeds.com/fresh-seeds/index.php?main\\_page=product\\_info&products\\_id=235](https://www.buyrareseeds.com/fresh-seeds/index.php?main_page=product_info&products_id=235)