

## RESOURCES

### Websites:

- ☞ **San Clemente Garden Club Junior Gardeners**  
[www.sanclementegardenclub.com](http://www.sanclementegardenclub.com)
- ☞ **North American Butterfly Association (NABA)– Butterfly Habitat Gardening**  
[www.nababutterfly.com](http://www.nababutterfly.com)
- ☞ **Orange County Butterflies and Their Larval Food Plants by UCI researcher** <http://nathistoc.bio.uci.edu/bflyplnt.htm>
- ☞ **NABA's Basics of Butterfly Gardening** [www.nababutterfly.com/Basics.html](http://www.nababutterfly.com/Basics.html)
- ☞ **NABA – Orange County Chapter**  
[www.naba.org/chapters/nabaoc/](http://www.naba.org/chapters/nabaoc/)
- ☞ **Plants for a CA or Western Butterfly Garden** [www.laspilitas.com/butterfl.htm](http://www.laspilitas.com/butterfl.htm)

### Plant Nurseries:

- ☞ **Plant Depot** (Milkweed, ++)  
[www.plantdepot.com](http://www.plantdepot.com)
- ☞ **Tree of Life Nursery California Native Plants** (Milkweed, natives)  
[www.californianativeplants.com](http://www.californianativeplants.com)
- ☞ **Shore Gardens in San Clemente**

### Public Butterfly Gardens:

- ☞ **Casa Romantica Cultural Center & Gardens** [www.casaromantica.org](http://www.casaromantica.org)

## Guide to Gardening for Butterflies



Underwritten by the  
San Clemente Garden Club  
for the Jr. Gardener Program

[WWW.SANCLEMENTEGARDENCLUB.COM](http://WWW.SANCLEMENTEGARDENCLUB.COM)

## Basics of Butterfly Gardening

- ☞ Did you know that butterfly caterpillars eat only specialize plants— called **host plants**? To attract butterflies to your garden you'll need nectar plants for the butterflies and host plants for the caterpillars.
- ☞ Plant in a sunny location that is sheltered from strong winds. Shrubs, trees, walls, or fences can shelter and provide structure for the caterpillars and chrysalides in your habitat.
- ☞ Add stones in sunny locations to give butterflies places to warm their bodies and a shallow water source for puddling.
- ☞ Never use pesticides or herbicides...in a balanced habitat that includes birds, toads, and lizards, nature will take care of itself!

## Top 10 Local Butterflies & Their Host Plants

- Monarch (also Queen)** - Milkweeds (Asclepias, especially Mexican Milkweed)
- Gulf Fritillary** - Passion Vines (Passiflora, especially Coral Sea Passion Vine)
- Mourning Cloak** - Willow trees (Salix), American Elm, Paper Birch
- Anise Swallowtail** - Parsley family plants (fennel, parsley, dill, cilantro, etc.), Citrus trees; Rue
- Giant Swallowtail** - Citrus trees; Rue
- Painted Lady (also West Coast Lady)** - Mallow family plants (Malvaceae), hollyhock (Althea), tree mallow (Lavatera), globe mallow (Sphaeralcea), bush mallow (Malvastrum), mallow (Malva), alkali mallow (Sida), checkerbloom (Sidalcea), and Indian Mallow.
- Cloudless Sulphur** - Cassia (or Senna) species in the pea family (Fabaceae)
- Buckeye** - Snapdragon family plants (Antirrhinum), especially toadflax/Linaria
- Pale Swallowtail** - trees and shrubs in the Rosaceae, Rhamnaceae and Betulaceae families (cherry, coffeeberry, Ceanothus, and ash, etc.)
- Orange Sulphur** - Pea family (Fabaceae) including alfalfa, white clover; also, Lupine.

## Favorite Butterfly Nectar Plants

- |                                   |                                    |                         |
|-----------------------------------|------------------------------------|-------------------------|
| ☞ Butterfly Bush<br>(Buddleia)    | ☞ Sunflowers                       | ☞ Coreopsis             |
| ☞ Pentas (esp. red)               | ☞ Lantana                          | ☞ Heliotrope            |
| ☞ Blanket Flower<br>(Gaillardia)  | ☞ Yarrow                           | ☞ Verbenas              |
| ☞ Pincushion Flower<br>(Scabiosa) | ☞ Jupiter's Beard<br>(Centranthus) | ☞ Aster                 |
| ☞ Zinnia                          | ☞ Coneflower<br>(Echinacea)        | ☞ Wallflower (Erysimum) |
| ☞ Lavender                        | ☞ Seaside Daisy<br>(Erigeron)      | ☞ California Poppy      |
| ☞ Mexican Sunflower<br>(Tithonia) | ☞ Goldenrod                        | ☞ Salvias               |
|                                   | ☞ Lupine                           |                         |



## Why is Butterfly Gardening Environmentally Friendly?

**The Importance of Pollinator Friendly Habitats:** Pollinators, like other animals, require food, shelter and water, space, a place to reproduce, and materials for nesting in order to survive and flourish. These needs are usually met for native pollinators when the natural environment is not disturbed.

Pollinators play an important role in maintaining the balance and biodiversity necessary for a healthy ecosystem. There has been a global decline in biodiversity due to habitat loss, introduced species, pollution, population growth, and the overconsumption of resources. By applying sound ecological principles to our use of land and water, we can help to reverse this loss of biodiversity while making a healthier environment for all, including the animals that provide the essential eco-service of pollination. (From NAPPCC—Saving Pollinators; Emblidge, A and Schuster, E. (1999). Saving Pollinators. ZooGoer, Jan/Feb. <http://natzoo.si.edu/Publications/ZooGoer/1999/1/savingpollinators.cfm>)

**Insects — especially beetles, ants, flies, bees and wasps, butterflies, and moths — are the predominant animal pollinators.** They have physical characteristics that make them extremely efficient in locating flowers and transferring pollen from one flower to another. (From "The Secret Life of Flowers," Growing Ideas: A Journal of Garden-Based Learning, National Gardening Association 10 (3) September 1999.)

**The typical flower contains the necessary parts for enticing pollinators and producing seeds.** The petals, which are typically the most noticeable parts of flowers, are designed to attract and provide platforms for insects, bats, birds, and other roving pollinators. The base of many petals contains nectaries, which produce the nectar. Since this food treasure is typically tucked deeply in the flowers, pollinators are coaxed into touching the flower's reproductive organs, and thus transferring pollen, in their search for nourishment. (From "Digging into Flowers: Pollen, Petals, Pistils, & Other Parts," Growing Ideas: A Journal of Garden-Based Learning, National Gardening Association 10 (3) September 1999)

## Monarch Butterfly Life Cycle

