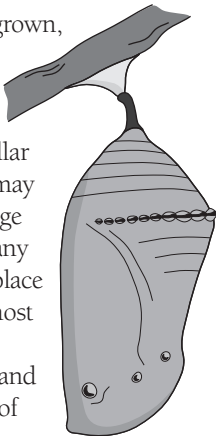


Providing food and nectar sources in our landscapes and gardens is one way to support and encourage butterfly habitat. Approximately 75 species of butterflies have been recorded in Iowa. Fewer than 25 species are widespread and abundant.

Butterfly caterpillars have chewing mouthparts and consume plant foliage. Some species of caterpillars feed on many different host plants; others feed on only one or two specific plants.

Once the caterpillar is fully grown, it changes to a pupa, which is called a chrysalis when referring to butterflies (at this stage, a moth caterpillar forms a cocoon). The pupa may be thought of as a resting stage because it doesn't consume any food, nor can it move from place to place. Within the pupa, most of the internal organs of the caterpillar are broken down and reconstructed to form those of the adult butterfly. Once this conversion is completed, the adult butterfly emerges from its chrysalis when the weather is right.



Most adult butterflies must eat to have energy for reproduction and flight. As with the larvae, some butterflies eat a variety of foods, whereas others are more selective. Nectar, rotten fruit, and plant sap are common choices.

This list includes some—but not all—of the plants that are preferred by butterflies common to Iowa. Inclusion is not an endorsement for planting. Homeowners should carefully evaluate their sites and all available information before deciding what to plant or retain.

For more information

Request these publications from ISU Extension county offices.

Common Butterflies of Iowa, PM 1795

Gardening for Butterflies, RG 601

Visit these Web sites:

ISU Extension publications—

<http://www.extension.iastate.edu/pubs>

ISU Entomology—

<http://www.ent.iastate.edu>

ISU Horticulture—

<http://www.hort.iastate.edu>

Reiman Gardens—

<http://www.reimangardens.iastate.edu>

For more information on selection, planting, cultural practices, and environmental quality, contact your Iowa State University Extension county office. If you want to learn more about horticulture through training and volunteer work, ask your ISU Extension office for information about the ISU Extension Master Gardener program.

Prepared by Donald Lewis, extension entomologist and Diane Nelson, extension communication specialist. Illustrations by Jane Lenahan, graphic designer, Instructional Technology Center.

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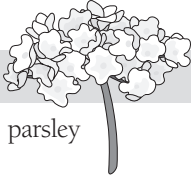

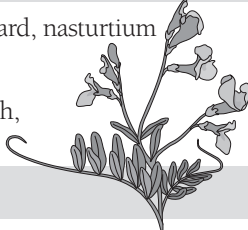


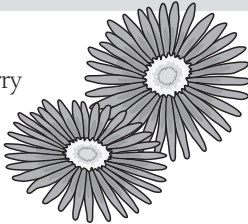
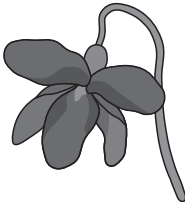



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REIMAN
GARDENS
IOWA STATE UNIVERSITY

Iowa Butterfly and Caterpillar Food Preferences



IOWA STATE UNIVERSITY
Extension and Outreach

Butterfly	Caterpillar Food Plants	Adult Nectar Preferences
SWALLOWTAILS Black Swallowtail Giant Swallowtail Tiger Swallowtail	 Queen Anne's lace, dill, carrot, celery, parsley prickly ash, hoptree cherry, ash, birch, apple, cottonwood, willow, lilac	 milkweed, thistle, phlox, clover, alfalfa lantana, milkweed, lilac, goldenrod, dame's rocket thistle, milkweed, phlox, clover, joe pye weed, bee balm, sunflower
SULFURS AND WHITES Cabbage White Clouded (Common) Sulfur Orange Sulfur (Alfalfa caterpillar)	 cabbage, collards, broccoli, mustard, nasturtium clovers, vetch, alfalfa alfalfa, clovers, vetch, crown vetch, wild indigo	 mustard, red clover, aster, bee balm, milkweed, nasturtium clovers, goldenrod, aster, milkweed, phlox, knapweed alfalfa, clovers, thistle, aster, goldenrod, milkweed, dandelion
GOSSAMER WINGS Spring Azure Eastern Tailed Blue Gray Hairstreak	dogwood, viburnum, cherry, sumac, black snakeroot vetch, clovers, alfalfa, yellow sweet clover clover, mallow, mint, hibiscus, corn, oak	milkweed, dandelion, violet, forget-me-not cinquefoil, wild strawberry, white clover, dogbane, butterflyweed, asters milkweed, goldenrod, sweet clover, sweet pea, Queen Anne's lace
BRUSHFOOTED BUTTERFLIES Monarch Viceroy Wood Nymph Little Wood Satyr Pearl Crescent Silvery Checkerspot Comma Question Mark Great Spangled Fritillary Mourningcloak Hackberry Butterfly Painted Lady Red Admiral Redspotted Purple Variegated Fritillary	 milkweeds willow, poplar, plum, apple, cherry grasses grasses asters sunflowers, black-eyed susan, asters nettles, false nettles, elms nettles, false nettles, hackberry, elm violets willow, elm, poplar, birch, hackberry hackberry thistle, legumes, knapweed, burdock, hollyhock, common mallow nettles, false nettles    willow, poplar, plum, cherry, oak, apple, hawthorn violets, pansies, purslane, sedum	 milkweed, goldenrod, cosmos, joe pye weed, thistle, gayfeather, lilac, lantana rotting fruit, sap, dung, thistle, joe pye weed, aster, goldenrod, milkweed rotting fruit, sap, mint, alfalfa, coneflowers tree sap, aphid honeydew, milkweed aster, thistle, milkweed, black-eyed susan, fleabane dogbane, common milkweed, red clover rotting fruit, sap, stonecrop, dandelion rotting fruit, sap, dung, aster, milkweed thistle, joe pye weed, black-eyed susan, milkweed, coneflowers, bee balm rotting fruit, sap, milkweed, shasta daisy rotting fruit, sap, dung, carrion, milkweed thistle, joe pye weed, aster, bee balm, gayfeather, zinnia, milkweed, sweet william rotting fruit, sap, aster, thistle, dandelion, ageratum, gayfeather, goldenrod, red clover, shasta daisy, dahlia  rotting fruit, sap, dung, carrion, spirea, privet, cardinal flower common milkweed, dogbane, red clover