

Long Lips Farm: Selected Butterfly Nectar Flowers

The near-sighted butterflies need masses of flowers blooming from late March to early November and are attracted by their colors, not fragrance. Shape is also important since they need a flat landing strip and relatively shallow nectaries. Be cautious of sterile hybrids; many lack nectar and are useless.

English Name	Botanical Name	Flower Color	Growing Hints/ Comments (All are sun-lovers-like the butterflies)
#1 Butterfly Bush	<i>Buddleia davidii</i>	Various	Shrub. A must-have. Stool in March and keep dead-headed for long bloom. The sterile hybrids do have nectar.
#2 Catmint	<i>Nepeta x faassenii</i>	Lavender-blue	Perennial—a favorite, most dependable plant for the cruel Kansas climate
#3 Zinnia Mexican Profusions Red Spider	<i>Z. elegans (sp.)</i>	Red, pink, orange,	Annual, self-seeds. (Old-fashioned type—not the fancy hybrids)
	<i>Z. angustifolia</i>	White & orange	Annual –add as a bedding plant each Spring
	Cherry, pinks, Oranges, White		Annual—add as a bedding plant each Spring
	<i>Z. tenuifolia</i>	Red	Annual, Prolific self-sower
#4 Milkweeds Butterfly weed Swamp Tropical Spider	<i>Asclepias syriaca</i>	Pale pink	I grow the milkweeds for their beauty and nectar, as well as for Monarch caterpillars, who prefer <i>A. curassavica</i> , the tropical annual milkweed to the native species.
	<i>A. tuberosa</i>	Orange	
	<i>A. incarnata</i>	Pink	
	<i>A. curassavica</i>	Red	
	<i>A. viridis</i>	Cream	
#5 Lantana	<i>Lantana camera</i>	Various	I prefer the large (3' tall) to the new dwarfs.
Penta	<i>Pentas lanceolata</i>	Pinks & red	Annual—ideal for beds & containers
Apple trees	<i>Malus</i>	Pink	Rotting apples attract many butterflies
Verbena	<i>V. Canadensis</i>	Pink	Perennial
	<i>V. bonariensis</i>	Lavender	Tender perennial, self-seeds
Blue Mist Spirea	<i>Caryopteris</i>	Blue	Tender shrub—stool in March. Self-seeds
Button Bush	<i>Cephalanthus occidentalis</i>	White	Grow at water's edge. Host to Titian Sphinx
Mountain Mint	<i>Pycnanthemum tenuifolium</i>	White	A favorite native (not a true mint—doesn't spread)
Echinacea	<i>E. pallida</i>	Pale pink	Perennial. Also host to Silvery Checkerspot.
	<i>E. purpurea</i>	Pink	
Summer Salvia	<i>Salvia coccinea</i>	Red	Annual, self-seeds
Phlox	<i>P. maculata & paniculata</i>	Deep Pink	Perennial—needs extra moisture
Bee Balms	<i>Monarda species</i>	Various	Perennial
Lavenders	<i>Lavendula sp</i>	Blue-purple	Perennial – grow in gravel for good drainage