

Perennial Flowers That Attract Butterflies



Below is a list of perennial flowers that attract butterflies-mainly for the nectar they offer. However, because you really want to support the butterfly through all stages of its life (you will see more of them this way), the column titled 'Also a Host Plant' are perennials that butterflies will also lay their eggs on. This is amazing as you will be able to watch those butterfly eggs go through all stages until they turn into a butterfly-in YOUR garden! Now, how amazing is that?!?



Flower Names	Hardiness Zone	Also a Host Plant
Aster	3-9	*
Autumn Joy Sedum	3-10	
Bee balm	3-9	
Black-Eyed Susan	3-11	*
Blue Wild Indigo	4-9	
Calamint	4-9	
Catmint	3-9	
Clove Pink	5-8	
Coneflower	3-9	*
Coreopsis	3-9	
Dahlia	8-10	
Daylily	3-10	
Delphinium	3-7	
Dianthus	3-10	
Fennel	4-9	
Fleabane	3-9	
Globe thistle	3-10	
Goldenrod	4-5, 7-9	
Helenium	3-9	
Hollyhock	3-8	*





Flower Names	Hardiness Zone	Also a Host Plant
Ironweed	4-8	
Joe Pye Weed	3-10	
Lantana	2-11	
Lavender	5-10	
Liatris	3-8	
Lupine	4-8	
Lychnis	4-8	
Mallow	3-8	*
Milkweed	4-11	*
Mint	3-10	
Oregano	5-11	
Pansy	2-11	
Pentas	10-11	
Phlox (Perennial)	4-8	
Rock cress	4-8	
Sage	4-10	
Scabiosa	5-9	
Sea holly	2-10	
Senna	8-11	*
Shasta daisy	5-8	*
Stonecrop	3-9	*
Sunflower, Perennial	4-9	*
Sweet rocket	4-9	
Tickseed	4-9	
Verbena	7-9	*
Yarrow	3-10	

