**Plants for butterflies**

Plant nectar-rich plants and you will never be without butterflies or moths! Include a Buddleia for butterflies. And flowers that open at night and are fragrant or white for moths.

Provide food plants for caterpillars as well. A nettle patch is worthwhile, cut the patch back by half in mid-summer to provide new shoots for the mid-summer brood of caterpillars.

Avoid the use of pesticides.

# Agastache

# Agrimonia cannabinum (Hemp Agrimony) - *Peacock, Comma*

# Agrimonia eupatoria (Agrimony) - *Grizzled Skipper*

# Ajuga repens (Bugle) - *Wood White, Orange Tip, Pearl Bordered Fritillary, Marsh Fritillary, Duke of Burgundy Fritillary*

# Alcea rosea (Hollyhock)

# Althaea officinalis (Marsh Mallow) - *Painted Lady*

# Angelica - *Swallowtail*

# Anthyllis vulneraria (Kidney Vetch) - *Small Blue*

# Armeria maritima (Thrift) - *Granville Fritillary*

# Asclepius tuberosa - *Monarch, Swallowtail*

# Betony - *Speckled Yellow*

# Blackthorn - *Brown Hairstreak, Small Tortoiseshell, Brimstone*

# Buddleia - *Brimstone, Peacock, White, Small Tortoiseshell, Comma, Red Admiral*

# Cardamine pratensis (Lady's Smock) - *Orange Tip, Green-veined White*

# Centaurea cyanus (Cornflower)

# Centaurea nigra - *Tortoiseshell, Painted Lady, Comma, Silver-washed Fritillary, Marbled White, Meadow Brown, Ringlet, Small Skipper, Essex Skipper, Silver Spotted Skipper, Chalkhill Blue, Adonis*

# Centaurea scabiosa (Greater Knapweed) - *Comma, Small Skipper, Chalkhill Blue, Adonis Blue, Dark Green Fritillary, Meadow Brown, Marbled White, Essex Skipper, Silver Spotted Skipper, Common Blue, Painted Lady, Peacock, Common Silverwashed Fritillary, Grayling, Ringlet, Small Tortoiseshell*

# Centranthus ruber (Red Valerian) - *Small Tortoiseshell*

# Chrysanthemum segetum (Corn Marigold) - *Chalk Hill Blue*

# Clinopodium (Wild Basil)

# Cratageous monogyna (Hawthorn) - *Duke of Burgundy*

# Cytisus scoparius (Broom) - *Silver Studded Blue, Green Hairstreak*

# Dianthus (Pinks)

# Dianthus barbatus (Sweet William)

# Digitalis purpurea (Foxglove) - *Heath Fritillary*

# Dipsacus fullonum (Teasel) - *Common Blue, Small Copper, Common Skipper*

# Echinops ritro (Globe Thistle)

# Echium vulgare (Viper's Bugloss) - *Painted Lady, Wood White*

# Eryngium (Sea Holly)

# Erysimum cheiri (Wallflower) - *Red Admiral, Small Tortoiseshell*

# Eupatorium purpureum (Joe Pye Weed)

# Foeniculum vulgare (Fennel) - *Swallowtail*

# Fragaria vesca (Wild Strawberry) - *Grizzled Skipper*

# Gallium odoratum (Lady's Bedstraw)

# Geranium pratense (Meadow Cranesbill) - *Northern Brown Argus*

# Helianthemum mummularium - *Green Hairstreak, Silver Studded Blue, Northern Brown Argus*

# Hesperis matronalis (Sweet Rocket) - *Orange Tip, Green-veined White*

# Hieracium aurantiacum (Fox and Cubs) \_ *Grizzled Skipper*

# Hyacinthoides non-scriptus (Bluebell) - *Brimstone, Pearl bordered Fritillary*

# Hypercium perforatum (St John's Wort) - *Purple Cloud*

# Hyssopus officinalis (Hyssop)

# Knautia arvensis (Field Scabious) - *Small Skipper, Essex Skipper, Marbled White, Red Admiral, Small Tortoiseshell*

# Kniphofia (Red Hot Poker)

# Leucanthemum vulgare (Ox-eye Daisy)

# Ligustrum vulgare (Wild Privet) - *Meadow Brown, Gatekeeper, Hedge Brown, Ringlet*

# Linaria vulgaris (Toadflax) - *Spotted Fritillary*

# Linum perenne (Flax)

# Lonicera (Honeysuckle)

# Lotus corniculatus( Bird's Foot Trefoil) - *Common Blue, Adonis, Grizzled Skipper, Chalk Hill Blue, Clouded Yellow, Dingy Skipper, Green Hairstreak, Marbled White, Pale Clouded Yellow, Short-tailed Blue, Silver Spotted Skipper, Wood White, Short-tailed Blue, Silver Spotted Skipper, Wood White, Small Pearl, Pearl Bordered Fritillary, Brown Argus*

# Lunaria annua (Honesty) - *Orange Tip*

# Lychnis chalcedonia (Maltese Cross)

# Lychnis flos-cuculi (Ragged Robin) - *White, Common Blue, Small Pearl-bordered Fritillary*

# Lythrum salicaria (Purple Loosestrife)

# Malva moschata (Musk Mallow) - *Mallow Skipper, Painted Lady*

# Mentha (Mint) - *Gatekeeper, Small Tortoiseshell*

# Myosotis (Forget-me-not)

# Nepeta (Catmint)

# Ononis repens (Restharrow) - *Lulworth Skipper, Silver-studded Blue*

# Origanum (Marjoram) - *Wall Brown, Marbled White, Meadow Brown, Lulworth Skipper, Gatekeeper, Hedge Brown Common Blue, Chalkhill Blue, Small Copper, Yellow Skipper, Small Copper, Large Blue, Chequered Skipper, Large Heath, Scotch Angus*

# Papaver (Poppy)

# Primula elatior (Oxlip)

# Primula veris (Cowslip) - *Duke of Burgundy Fritillary*

# Primula vulgaris (Primrose) - *Duke of Burgundy Fritillary*

# Prunella vulgaris (Selfheal)

# Prunus spinosa (Sloe or Blackthorn) - *Brown Hairstreak, Small Tortoiseshell, Swallowtail*

# Quercus robur (Oak) - *Purple Hairstreak*

# Reseda lutea (Wild Mignonette) - *Bath White, Cabbage White, Orange Tip, Small White*

# Reseda luteola (weld) - *Small White, Bath White*

# Rosmarinus officinalis (Rosemary)

# Sorbus acuparia (Rowan) - *Brimstone*

# Salvia horminum (Painted Sage)

# Saponaria officinalis (Soapwort)

# Scabiosa columbaria (Small Scabious) - *Brimstone, Red Admiral, Comma, Painted Lady, Peacock, Adonis, Marbled White, Blue*

# Sedum spectabile (Ice Plant) - *Tortoiseshell*

# Silene vulgaris (Bladder Campion)

# Stachys officinalis (Betony)

# Stellaria holostea (Greater Stitchwort)

# Thymus - *Wall Brown, Dingy Skipper, Brown Argus, Common Blue, Chalkhill Blue, Adonis, Small Copper*

# Tragopogon - *Marbled Fritillary*

# Trifolium pratense (Red Clover) - *Pale Clouded Yellow, Clouded Yellow, Small Skipper, Essex Skipper, Painted Lady*

# Tropaeolum majus (Nasturtium)

# Verbena bonariensis

# Verbena officinalis (Vervain)

# Veronica chamaedrys (Germander Speedwell) - *Spotted Fritillary*

# Vicia (Vetch) - *Dingy Skipper*

# Viburnum opulus (Guelder Rose)

# Viola  *Small Pearl-Bordered Fritillary, Pearl Bordered Fritillary, Silver-washed Fritillary*