RESOURCES FOR ADDING NATIVE PLANTS TO YOUR GARDEN*

To learn more about Professor Doug Tallamy’s recommendations for gardening for wildlife, I heartily recommend his best-selling book, Nature’s Best Hope. A New Approach to Conservation that Starts in Your Yard. I also recommend watching any of his recent presentations posted on YouTube. One that focuses on the west coast was given in California on June 27, 2020 (https://www.youtube.com/watch?v=PKe0UzqazuU). Like his other presentations, it contains excellent information and specific advice about what we can do to improve the habitat in our gardens – whatever their size -- so birds, insects and other wildlife can thrive in our midst.

You may also be interested in exploring an online resource, entitled Homegrown National Park, that Prof. Tallamy has created to encourage individuals across the nation to embark on and track their progress in adding native plants to their gardens. You can learn more about it at Https://homegrownnationalpark.org/.

How to Select and Grow Native Plants

Printed publications
- Tonie Fitzgerald and Michael Terrell, Landscaping with Natives in the Inland Northwest, WSU Coop Extension, Spokane County misc0267
- Russell Link, Landscaping for Wildlife in the Pacific Northwest

Useful Websites
- National Wildlife Federation, Gardening for Wildlife: https://www.nwf.org/garden
- National Audubon Society: https://www.audubon.org/plantsforbirds; click on the Native Plants Database and type in your zip code to get specific recommendations.
- Washington Native Plant Society, https://www.wnps.org/native-gardening provides a plant directory with several hundred native plants, including photos and valuable information on their habitat needs.
- https://extension.wsu.edu/chelan-douglas/gardening/generalgardening/native/

* This list of resources is in no way comprehensive. It is offered as a starting point for exploration.
Where to buy native plants and seeds

The Washington Native Plant Society’s website has a list of 51 nurseries that sell native plants, sorted alphabetically by 1) retail plants 2) retail seeds and 3) wholesale plants and seeds, in WA, OR and British Columbia:  [https://wnps.org/content//documents/plants/gardening/native-plant-seed-source-32021.pdf](https://wnps.org/content//documents/plants/gardening/native-plant-seed-source-32021.pdf)

King County Lands Division has a list of 89 native plant nurseries in Washington State sorted by location:  [https://kingcounty.gov/services/environment/stewardship/nw-yard-and-garden/native-plant-nurseries-washington.aspx](https://kingcounty.gov/services/environment/stewardship/nw-yard-and-garden/native-plant-nurseries-washington.aspx)

These native plant nurseries can be goldmines of information about the plants that will work in your area. Some also offer design ideas.

Recommended Native Plants

The most productive keystone plants turn out to be trees. If you have space to add them in your garden, they can make a significant contribution toward improving the habitat for insects and other wildlife in your garden.

Those of us who live in urban areas on small lots cannot easily add large trees to already established gardens. But that doesn’t mean we can’t do our part and make a difference, especially if you are able to convert grassy areas to native plants.

Many smaller native trees and native plants (shrubs, perennials, annuals, and grasses) are also used by moths and butterflies to complete their life cycles and they may be a better fit for our gardens.

Even if your space is limited to a small patio or a balcony, you can add pots with different types of native flowers that will provide nectar for pollinators.

The two lists of native plants that serve as hostplants, found on the following three pages, were created with butterflies and moths in mind. They contain native plants that will work well in many smaller gardens.
# Hostplants for Butterflies and Moths in WA

To date, no one has compiled a comprehensive list of hostplants at the species level for the moths and butterflies of the Pacific Northwest. However, David Droppers created a plant guide for a butterfly garden that may be helpful in deciding among plant options for your garden because moths use many of the same hostplants that butterflies use.

## Butterfly Garden Plant Guide
Prepared by David Droppers

<table>
<thead>
<tr>
<th>Plant Guide</th>
<th>Rating</th>
<th>Nectar</th>
<th>Host</th>
<th>Exposure</th>
<th>Soil</th>
<th>Bloom</th>
<th>Birds?</th>
</tr>
</thead>
<tbody>
<tr>
<td>* = highly recommended for a garden setting</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Trees

- **Cherry** (*Prunus emarginata)*  
  - Rating: *  
  - Nectar: x  
  - Host: x  
  - Exposure: Full to partial  
  - Soil: Moist to dry  
  - Bloom: Spring  
  - Birds?: Yes

- **Pacific Madrone** (*Arbutus menziesii)*  
  - Rating:  
  - Nectar: x  
  - Host: x  
  - Exposure: Full to partial  
  - Soil: Dry  
  - Bloom: Spring to E summer  
  - Birds?: Yes

- **Quaking Aspen** (*Populus tremuloides)*  
  - Rating:  
  - Nectar: x  
  - Host:  
  - Exposure: Full sun  
  - Soil: Wet to moist  
  - Bloom:  
  - Birds?: Yes

- **Willow** (*Salix)*  
  - Rating: *  
  - Nectar: x  
  - Host: x  
  - Exposure: Full to partial  
  - Soil: Wet to dry  
  - Bloom: Spring  
  - Birds?: Yes

### Shrubs

- **Mock Orange** (*Philadelphus lewisii)*  
  - Rating: *  
  - Nectar: x  
  - Host:  
  - Exposure: Full to partial  
  - Soil: Moist to dry  
  - Bloom: Summer  
  - Birds?: Yes

- **Oceanspray** (*Holodiscus discolor)*  
  - Rating: *  
  - Nectar: x  
  - Host:  
  - Exposure: Full to partial  
  - Soil: Moist to dry  
  - Bloom: Summer  
  - Birds?: Yes

- **Red-oiser Dogwood** (*Cornus stolonifera)*  
  - Rating:  
  - Nectar: x  
  - Host: x  
  - Exposure: Full to partial  
  - Soil: Wet to moist  
  - Bloom: Spring  
  - Birds?: Yes

- **Rhododendron** (*Rhododendron)*  
  - Rating: *  
  - Nectar: x  
  - Host:  
  - Exposure: Full to partial  
  - Soil: Moist to dry  
  - Bloom: L spring to mid summer  
  - Birds?: Yes

- **Wild Lilac** (*Ceanothus)*  
  - Rating: *  
  - Nectar: x  
  - Host: x  
  - Exposure: Full to partial  
  - Soil: Dry  
  - Bloom: Spring  
  - Birds?: Yes

- **Hardhack** (*Spiraea douglasii)*  
  - Rating:  
  - Nectar: x  
  - Host: x  
  - Exposure: Full to partial  
  - Soil: Wet to moist  
  - Bloom: Summer  
  - Birds?: Yes

- **Chaste Tree** (*Vitex agnus-catus)*  
  - Rating: *  
  - Nectar: x  
  - Host:  
  - Exposure: Full to partial  
  - Soil: Moist to dry  
  - Bloom: Summer, E fall

- **Hawthorn** (*Crataegus douglasii)*  
  - Rating:  
  - Nectar: x  
  - Host:  
  - Exposure: Full to partial  
  - Soil: Moist to dry  
  - Bloom: L spring to E summer  
  - Birds?: Yes

- **Kinnikinnik** (*Arctostaphylos uva-ursi)*  
  - Rating: *  
  - Nectar: x  
  - Host: x  
  - Exposure: Full to partial  
  - Soil: Moist to dry  
  - Bloom: Spring  
  - Birds?: Yes
### Plant Guide

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Rating</th>
<th>Nectar</th>
<th>Host</th>
<th>Exposure</th>
<th>Soil</th>
<th>Bloom</th>
<th>Birds?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lilac (Syringa vulgaris)</td>
<td>*</td>
<td>x</td>
<td>Full to partial</td>
<td>Moist to dry</td>
<td>Spring to E summer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Perennials

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Rating</th>
<th>Nectar</th>
<th>Host</th>
<th>Exposure</th>
<th>Soil</th>
<th>Bloom</th>
<th>Birds?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aster (Aster)</td>
<td>*</td>
<td>x</td>
<td>Full</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pearly Everlasting (Anaphlis margariacea)</td>
<td>*</td>
<td>x</td>
<td>Full to partial</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milkweed (Asclepias)</td>
<td>*</td>
<td>x</td>
<td>Full sun</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bleeding Heart (Dicentra)</td>
<td></td>
<td>x</td>
<td>Partial to shade</td>
<td>Moist</td>
<td></td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Lupine (Lupinus)</td>
<td>*</td>
<td>x</td>
<td>Full to partial</td>
<td>Moist to dry</td>
<td>Summer</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Stinging Nettle (Urtica dioica)</td>
<td></td>
<td>x</td>
<td>Partial to shade</td>
<td>Moist to dry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Giant Hyssop (Agastache foeniculum)</td>
<td>*</td>
<td>x</td>
<td>Full sun</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coneflower (Echinacea purpurea)</td>
<td>*</td>
<td>x</td>
<td>Full sun</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goldenrod (Solidago)</td>
<td>x</td>
<td>Full sun</td>
<td>Moist to dry</td>
<td></td>
<td>Summer to E fall</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Fireweed (Epilobium angustifolium)</td>
<td>x</td>
<td>Full to partial</td>
<td>Moist to dry</td>
<td></td>
<td>Summer</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Fleabane (Erigeron)</td>
<td>*</td>
<td>x</td>
<td>Full to partial</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blazing Star (Liatris)</td>
<td>*</td>
<td>x</td>
<td>Full to partial</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Annuals and Herbs

<table>
<thead>
<tr>
<th>Plant Name</th>
<th>Rating</th>
<th>Nectar</th>
<th>Host</th>
<th>Exposure</th>
<th>Soil</th>
<th>Bloom</th>
<th>Birds?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marigold</td>
<td>*</td>
<td>x</td>
<td>Full sun</td>
<td>Moist to dry</td>
<td>Summer to fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cosmos</td>
<td>*</td>
<td>x</td>
<td>Full to partial</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zinnia</td>
<td>*</td>
<td>x</td>
<td>Full sun</td>
<td>Moist to dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lavender</td>
<td>*</td>
<td>x</td>
<td>Full sun</td>
<td>Moist to dry</td>
<td>Summer to E fall</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oregano</td>
<td>*</td>
<td>x</td>
<td>Full sun</td>
<td>Dry</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet William (Dianthus)</td>
<td>*</td>
<td>x</td>
<td>Full to partial</td>
<td>Moist</td>
<td>Summer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

By no means is this list complete!  
There is more experimentation and observation that needs done.  
Be adventurous, try something new, and share your results.
<table>
<thead>
<tr>
<th>Native Plant Host</th>
<th>Caterpillar/Butterfly Species</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple (<em>Acer</em>): bigleaf, vine, Douglas (<em>A. macrophyllum, A. circinatum, A. glabrum</em>)</td>
<td>Pale and Western Tiger Swallowtail, Mourning Cloak (<em>Papilio eurymedon, P. rutulus, Nymphalis antiopa</em>)</td>
</tr>
<tr>
<td>Hawthorn (<em>Crataegus</em>): black, Columbian (<em>Crataegus douglasii</em>)</td>
<td>Pale Tiger Swallowtail, Mourning Cloak, Gray Hairstreak (<em>Papilio eurymedon, Nymphalis antiopa, Strymon melinus</em>)</td>
</tr>
<tr>
<td>Cherry (<em>Prunus</em>): bitter, choke (<em>P. emarginata, P. virginiana</em>)</td>
<td>Pale and Two-Tailed Tiger Swallowtail, Spring Azure, Lorquin’s Admiral (<em>Papilio eurymedon, P. multicaudata, Celastrina echo, Limentis lorquini</em>)</td>
</tr>
<tr>
<td>Willow (<em>Salix</em>): many species</td>
<td>Tiger swallowtails, Lorquin’s Admiral, Mourning Cloak, viceroy (<em>Papilio spp., Limentis lorquini, Nymphalis antiopa, Limentis archippus</em>)</td>
</tr>
<tr>
<td>Ceanothus (<em>Ceanothus</em>): redstem, snowbrush (<em>C. sanguineus, C. velutinus</em>)</td>
<td>Pale Tiger Swallowtail, California Tortoisheshell, Brown Elfin (<em>Papilio eurymedon, Nymphalis californica, Callophrys augustinus</em>)</td>
</tr>
<tr>
<td>Oceanspray (<em>Holodiscus discolor</em>)</td>
<td>Pale Tiger Swallowtail, Gray Hairstreak, Spring Azure, Lorquin’s Admiral (<em>Papilio eurymedon, Strymon melinus, Celastrina echo, Limentis lorquini</em>)</td>
</tr>
<tr>
<td>Pearly Everlasting (<em>Anaphalis margaritacea</em>)</td>
<td>Painted Lady (<em>Vanessa cardui</em>)</td>
</tr>
<tr>
<td>Western bleeding heart (<em>Dicentra formosa</em>)</td>
<td>Clodius Parnassian (<em>Parnassius clodius</em>)</td>
</tr>
<tr>
<td>Lomatium (<em>Lomatium</em>): many species</td>
<td>Anise and Indra Swallowtails (<em>Papilio zelicaon, P. indra</em>)</td>
</tr>
<tr>
<td>Wild buckwheat (<em>Eriogonum</em>): different species</td>
<td>Euphilotes blues, green hairstreaks (<em>Euphilotes spp., Callophrys spp.</em>)</td>
</tr>
<tr>
<td>Lupine (<em>Lupinus</em>): many species</td>
<td>Silvery and Boisduval’s Blues, Western Sulphur (<em>Glaucopsyche lygdamus, Icaricia icarioides, Colias occidentalis</em>)</td>
</tr>
<tr>
<td>Stinging Nettle (<em>Urtica dioica</em>)</td>
<td>Red Admiral, Painted Lady, Milbert’s Tortoisheshell, Satyr Anglewing (<em>Vanessa atalanta, V. cardui, Aglais milberti, Polygonia satyrus</em>)</td>
</tr>
<tr>
<td>Kinnikinnick (<em>Arctostaphylos uva-ursi</em>)</td>
<td>Brown Elfin (<em>Callophrys augustinus</em>)</td>
</tr>
<tr>
<td>Salal (<em>Gaultheria shallon</em>)</td>
<td>Brown Elfin, Spring Azure (<em>Callophrys augustinus, Celastrina echo</em>)</td>
</tr>
<tr>
<td>Milkweeds (<em>Asclepias</em> spp.)</td>
<td>Monarchs (<em>Danaus plexippus</em>)</td>
</tr>
<tr>
<td>Bitterbrush (<em>Purshia tridentata</em>)</td>
<td>Brown Elfin (<em>Callophrys augustinus</em>)</td>
</tr>
<tr>
<td>Thistles (<em>Cirsium</em>): any</td>
<td>Painted Lady, Mylitta Crescent (<em>Vanessa cardui, Phycioides mylitta</em>)</td>
</tr>
<tr>
<td>Violets (<em>Viola</em>): early blue, stream (<em>V. adunca, V. glabella</em>)</td>
<td>Greater fritillaries, Western Meadow Fritillary (<em>Speyeria</em> spp., <em>Boloria epithore</em>)</td>
</tr>
<tr>
<td>Grasses (<em>Poaceae</em>): most any</td>
<td>Common Ringlet, wood nymphs, grass skippers (<em>Coenonympha tullia, Cercyonis</em> spp., <em>Hesperinae</em> spp.)</td>
</tr>
<tr>
<td>Pine (<em>Pinus</em>): lodgepole/shore, western white, ponderosa (<em>P. contorta, P. monticola, P. ponderosa</em>)</td>
<td>Pine White (<em>Neophasia menapia</em>)</td>
</tr>
</tbody>
</table>

This list was created and generously shared by Regina Johnson. It is taken from her article, “How to Support Your Local Caterpillars,” Douglasia, Vol. 44, No. 3, Fall/Winter 2020, pp. 21-23.
Keystone Plants for Different Ecoregions in the Pacific Northwest

The National Wildlife Federation, in cooperation with Prof. Doug Tallamy, has created lists of the Top 30 Keystone Plant Genera as well as the Top 30 Keystone Plant Genera for Butterfly and Moth Caterpillars for three different ecoregions in WA State. These lists are available at the following web addresses:


How to Identify Moths in the Pacific Northwest

To learn more about and to identify moths in the Pacific Northwest, please consult the following websites:

- Moth Photographers Group: mothphotographersgroup.msstate.edu
- Bug Guide: https://bugguide.net
- Butterflies and Moths of N. America: https://www.butterfliesandmoths.org