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Butterfly World's **"Bring Back the Butterflies"** campaign is a North American effort to help people bring back large numbers of butterflies back into our landscape. Our dwindling butterfly populations are due to habitat destruction in both urban and rural areas. This is caused by construction, pesticides in farming, forest spraying for Gypsy moths, and mosquito spraying programs that are using new, powerful chemicals. Many of these chemicals are now distributed by airplane, blanketing entire areas.

Everyday we hear the question, **"How can we bring the butterflies back?"** At Butterfly World, our research shows that planting the host plants for butterfly caterpillars is the most effective solution, a great deal more effective than planting nectar sources for adult butterflies. These host plants are the plants the caterpillars eat, and in most cases these plants are specific to each butterfly species. Fortunately, both male and female butterflies seem to be able to find these plants from long distances. Female butterflies search for them because it is there that they must lay their eggs, and male butterflies seem to find them because of the presence of females.

We have listed certain butterflies lists found in each region of the United States as well as the specific host plants that should be readily available to your area. Certain very common butterflies have been left off the list because the host plants are nettles or thistles - ouch! - or plants that are difficult to find.

We have also listed the flowering plants, or nectar sources, that seem to be the most effective across the country. Many others will work just as well. These flowers will also attract butterflies that are not on the list, which of course, will be an added bonus.

Many gardeners choose to plant only these showy, flowering nectar sources. However, this does not constitute butterfly gardening. Although nectar sources alone may attract butterflies, only the planting of caterpillar host plants defines true butterfly gardening. Butterfly gardening is the only way to accomplish the goals of this campaign. It is the only way to restore large numbers of butterflies in the areas where we live, and build permanent populations of them.

Thankfully, butterfly gardening is not difficult to do, and it will work for homes, farms, schools and cities. Try it yourself and see!

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Butterfly World  
**“BRING BACK THE BUTTERFLIES” Campaign**  
 A Regional Guide to Butterfly Gardening

**Region 1** (Oregon, Washington, southern British Columbia)

<u>Butterfly</u>	<u>Larval Host Plant</u>
Western Tiger Swallowtail ( <i>Papilio rutulus</i> )	Wild Plums and Cherries ( <i>Prunus</i> spp.) Willows ( <i>Salix</i> spp.) Aspens and Poplars ( <i>Populus</i> spp.)
Pale Swallowtail ( <i>Papilio eurymedon</i> )	Wild Plums and Cherries ( <i>Prunus</i> spp.) Buckthorns ( <i>Rhamnus</i> spp.) Wild Lilacs ( <i>Ceanothus</i> spp.)
Anise Swallowtail ( <i>Papilio zelicaon</i> )	Fennel ( <i>Foeniculum vulgare</i> ) Parsley ( <i>Petroselinum crispum</i> ) Carrot ( <i>Daucus carota</i> ) Dill ( <i>Anethum graveolens</i> )
Meadow Fritillary ( <i>Boloria bellona</i> )	Violets ( <i>Viola</i> spp.)
Lorquin's Admiral ( <i>Limenitis lorquini</i> )	Willows ( <i>Salix</i> spp.) Poplars and Aspens ( <i>Populus</i> spp.)
Mourning Cloak ( <i>Nymphalis antiopa</i> )	Willows ( <i>Salix</i> spp.) Elms ( <i>Ulmus</i> spp.) Aspens ( <i>Populus</i> spp.)
Cabbage White ( <i>Pieris rapae</i> )	Garden Nasturtium ( <i>Tropaeolum majus</i> ) Cabbage ( <i>Brassica</i> spp.)
West Coast Lady ( <i>Vanessa annabella</i> )	Hollyhocks ( <i>Alcea rosea</i> )
Painted Lady ( <i>Vanessa cardui</i> )	Hollyhocks ( <i>Alcea rosea</i> ) Sunflower ( <i>Helianthus</i> spp.)

Flowers (Nectar Sources)

The following are excellent sources of nectar for your Butterfly Garden which can be purchased at most retail nurseries and garden centers throughout the country. Plant in abundance where regionally available: Buddleia, Heliotrope, Lantana, Milkweed, Mint, Pentas, Porterweed, Verbena and Zinnias.