

Northern Arizona Butterfly and Pollinator Nectar Plants

This list of plant species have been observed in nature in Sedona, the Verde Valley and Flagstaff and/or have been proven to grow well in local or private gardens. Plant species typically found in higher elevations are noted with an asterisk (*). Species that may be found in most elevations in our region are noted with a pound sign (#). All other species listed are typically low elevation species, unless otherwise noted. This information was compiled by referring to the following reference sources: *Butterflies of the Central Arizona Highlands* by Philip McNally, PhD, Southwestdesertflora.com, Americansouthwest.net, Monarchwatch.org Waystation Plant List and Yavapai County Cooperative Extension Native & Naturalized Plants.

NOTE: For a successful butterfly garden, it is recommended to not use pesticides or buy plants from nurseries that use pesticides. Plant single-flowered blooms to provide "landing pads" for butterflies and other pollinators in clusters of 3, 5 or 7. Do not plant cultivars - some can be poisonous to pollinators and may not even provide nectar.

Common Name	Botanical Name	Native?	Bloom Color	Bloom Period	Notes
Forbs					
Arizona thistle#	<i>Cirsium arizonicum</i>	Yes	Red, pink, purple, lavender	Spring-Fall	Spiny and can grow up to 4'; up to 12,000 feet elevation
Autumn false tansy-aster#	<i>Dieteria asteroides</i>	Yes	Lavender	Mar-Oct	Up to 8,000 feet elevation
Blackfoot daisy#	<i>Melampodium leuanthum</i>	Yes	White	Spring-Fall	Up to 6,500 feet elevation
Blanketflower#	<i>Gaillardia</i> spp.	Yes	Red, orange and yellow	Mar-Oct	Up to 7,000 feet elevation
California buckwheat	<i>Eriogonum fasciculatum</i>	Yes	White, pink	Mar-June	Grows up to 3' x 5'; fire prone
Cardinal flower#	<i>Lobelia cardinalis</i>	Yes	Red	Aug-Oct	Up to 7,500 feet elevation
Chaparral fleabane*	<i>Erigeron oreophilus</i>	Yes	White, pink, purple	May-Oct	
Climbing milkweed	<i>Funastrum cynanchoides</i>	Yes	White, cream, pink	Apr-Sept	A climbing vine
Common Sunflower#	<i>Helianthus annuus</i>	Yes	Yellow	June-Oct	Up to 7,000 feet elevation
Common Yarrow#	<i>Achillea millefolium</i>		White	Apr-Oct	Up to 11,500 feet elevation; fire resistant
Cosmos species	<i>Cosmos</i> spp.	No	Varies	Spring-Fall	Hardy, with minimal care required
Desert globemallow	<i>Sphaeralcea ambigua</i>		Orange, red-orange	Na-May, or later	Can grow up to 4'
Desert marigold	<i>Baileya multiradiata</i>	Yes	Yellow	Mar-Nov	
Golden crownbeard#	<i>Verbesina encelioides</i>	Yes	Yellow	Apr-Oct	Can spread easily; competes with other plant growth; grows up to 8,000 feet elevation
Golden tickseed#	<i>Coreopsis tinctoria</i>	Yes	Yellow	June-Sept	Up to 7,000 feet elevation
Gooding's verbena	<i>Glandularia gooddingii</i>	Yes	Purple, blue	Spring and Summer	
Gregg's mistflower	<i>Conoclinium greggii</i>	Yes	Purple, lavender	Apr-Aug, Oct-Nov	A butterfly magnet; can spread easily
Maximillian sunflower	<i>Helianthus maximiliani</i>	No	Red, yellow	Summer-Fall	A butterfly magnet; grows up to 3' x 8'; can spread easily
Mexican hat (Prairie coneflower)#	<i>Ratibida columnifera</i>	Yes	Red, yellow	June-Nov	5,000-7,500 feet elevation
Mexican sunflower	<i>Tithonia rotundifolia</i>	No	Orange	Summer-Fall	Grows well in lower elevations
Milkweed species	<i>Asclepias</i> spp.	Yes	White, pink, purple, yellow-orange	Spring-Fall, depending on species and rainfall	A butterfly magnet; fire resistant
Palmer's penstemon	<i>Penstemon palmeri</i>	Yes	Pink, lavender		3,500-6,500 feet elevation; fire resistant
Parry's penstemon	<i>Penstemon parryi</i>	Yes	Pink	Mar-May	Can spread easily; fire resistant
Prairie goldenrod#	<i>Solidago missouriensis</i>	Yes	Yellow	June-Oct	Grows up to feet 9,000 elevation; can spread easily
Purple coneflower	<i>Echinacea purpurea</i>	No	Purple	Summer-Fall	
Rocky mountain beeplant*	<i>Cleome serrulata</i>	Yes	Purple, pink	June-Sept	Grows up to 4'
Rocky mountain iris*	<i>Iris missouriensis</i>	Yes	Purple, blue	May-Sep	6,000-9,500 feet elevation
Scarlet monkeyflower#	<i>Erythranthe cardinalis</i>	Yes	Orange, red	May-Oct	Up to 7,000 feet elevation
Silvery lupine*	<i>Lupinus argenteus</i>	Yes	Purple, blue	June-Oct	7,000-10,000 feet elevation
Spreading fleabane#	<i>Erigeron divergens</i>	Yes	White, pink	Mar-Oct	Up to 8,500 feet elevation

Forbs (Continued)					
Common Name	Botanical Name	Native?	Bloom Color	Bloom Period	Notes
Twinleaf senna	<i>Senna Bauhinioides</i>	Yes	Yellow	Apr-Aug	
Western wallflower#	<i>Erysimum capitatum</i>	Yes	Yellow, orange, red	Mar-Sept	Up to 9,500 feet elevation; grows up to 2'
Wild bergamot#	<i>Monarda menthaefolia</i>	Yes	Purple, pink	Jun-Sept	A butterfly magnet; Up to 8,500 feet elevation
Wild iris*	<i>Iris</i> spp.	Yes	White, purple	May-July	Fire resistant
Wright's buckwheat#	<i>Eriogonum wrightii</i>	Yes	White, pink	June-Oct	Up to 7,000 feet elevation; fire prone
Yellow beeplant#	<i>Cleome lutea</i>	Yes	Yellow	June-Sept	Grows up to 4'
Zinnia species	<i>Zinnia</i> spp.	No	Varies	Summer-Fall	Require space and airflow; deadhead to prolong blooms
Trees and Shrubs					
Acacias	<i>Acacia</i> spp.	Yes	White, cream, yellow	May-Oct	Spines or claws; can spread easily; fire prone
Apache plume#	<i>Fallugia paradoxa</i>	Yes	White	Apr-Oct	Up to 8,000 feet elevation; fire resistant
Autumn sage#	<i>Salvia greggii</i>	No	Red	Spring-Fall	Up to 9,000 feet elevation; fire resistant
Butterfly bush	<i>Buddleia davidii</i>	No	Purple, pink, white	Summer-Fall	A butterfly magnet; grows up to 5' x 8'
Chaste tree	<i>Vitex agnus-castus</i>	No	Violet	June-Aug	Grows up to 10' or more; fire resistant
Cliffrose#	<i>Purshia stansburyana</i>	Yes	White, cream	Apr-Sept	Grows up to 10'; grows up to 8,000 feet elevation
Desert broom	<i>Baccharis sarothroides</i>	Yes	Green, white	Summer-Winter	A butterfly magnet; can grow up to 13'; fire prone
Desert willow	<i>Chilopsis linearis</i>	Yes	White, pink, lavender	Apr-Aug	Grows up to 30'; fire resistant
Fairyduster	<i>Calliandra eriophylla</i>	Yes	Pink	Oct-May	Fire resistant
Featherplume	<i>Dalea formosa</i>	Yes	Pink, yellow	Apr-June	
Fendler's ceanothus#	<i>Ceanothus fendleri</i>	Yes	White, light green	Apr-Oct	4,000-10,000 feet elevation
Four-wing saltbush#	<i>Atriplex canescens</i>	Yes	Green, yellow	Apr-Oct	Grows up to 8' x 8'; fire prone
Fragrant sumac#	<i>Rhus aromatica</i>	Yes	White, light green	Mar-Aug	Up to 7,500 feet elevation; fire resistant
Lantana species	<i>Lantana</i> spp.	No	Varies	Varies	Some consider it invasive
Mesquite	<i>Prosopis</i> spp.	Yes	White, yellow	Apr-June	Grows up to 20'; fire resistant
New Mexico locust#	<i>Robinia neomexicana</i>	Yes	White, purple, pink	Apr-Aug	Grows up to 30'
Pointleaf manzanita*	<i>Arctostaphylos pungens</i>	Yes	Pink, white	Feb-May	Fire prone
Pringle manzanita#	<i>Arctostaphylos pringlei</i>	Yes	Pink, white	Apr-June	Fire prone
Rosemary					
Rubber rabbitbrush	<i>Ericamerica nauseosa</i>	Yes	Yellow	July-Nov	A butterfly magnet; can grow up to 6' or more
Seepwillow	<i>Baccharis salicifolia</i>	Yes	White, cream	Mar-Nov	A butterfly magnet; can grow up to 10'
Texas sage	<i>Leucophyllum frutescens</i>	No	Purple, lavender	Spring-Fall	Fire prone
Woolly butterfly bush	<i>Buddleia marrubifolia</i>	No	Orange	Summer-Fall	A butterfly magnet; can grow up to 5' x 5'; fire resistant



Butterfly Enthusiasts
of Northern Arizona

www.butterflyenthusiastsofnaz.org

For more information about Butterfly Enthusiasts of Northern Arizona (BENA), visit our website at www.butterflyenthusiastsofnaz.org or scan the QR code:

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