About Butterflies:
- There are about 28,000 butterfly species throughout the world.
- Butterflies are typically named for distinguishing characteristics such as color or unique body parts.
- Monarch butterflies migrate more than 2,000 miles each year.
- The average butterfly lives only 2-4 weeks.

About Plants:
- Bee balm leaves, which have a minty fragrance, can be added to tea.
- The word Echinacea comes from the Greek word Echinos, which means hedgehog.
- Blanket flower was named for the way it used to blanket the prairies.
- Asclepias was named for the Greek god of medicine. Roots can be boiled to treat respiratory illnesses.
- The name Thyme comes from the French word for little dragon, and the foliage has a lemon scent when crushed.
- Lobelia can only be pollinated by hummingbirds because of the shape of the flower.

Organizations and websites:
- Kansas Department of Wildlife & Parks  
  www.kdwp.state.ks.us
- Kansas Native Plant Society  
  www.kansasnativeplantsociety.org
  www.ksnps.org
- Missouri Department of Conservation  
  www.mdc.gov
- Grow Native!  
  www.grownative.org
- North American Butterfly Association  
  www.naba.org
- Xerces Society  
  www.xerces.org/home.htm
**Basic Butterfly Gardening**

- Educate yourself about butterflies in your region. Which butterfly species live there? What are their preferred host plants? Learn a little about their biology.
- Pick a site that is appropriate. Butterflies are cold-blooded, so they rely on the sun to heat their bodies. A site that is in full sun but is somewhat protected from the wind is best.
- Provide a shallow water source.
- Select plants that will attract butterflies common to your region. Preferably, provide plants for both nectar and larval food.
- When planning a larval food source, plant extra. Butterfly larvae can quickly devour a small group of plants.
- Plan out the bloom sequence so that plants are blooming the entire summer.
- Plant your garden!

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**Nectar Plants**

*Nectar Plants included in the garden*

*Asclepias tuberosa,* Butterfly milkweed
Cultivars: species, ‘Hello Yellow’

*Aster sp.*, Aster
Cultivar: ‘Professor Kippenberg’

*Aster novae-angliae,* New England Aster
Cultivar: ‘Purple Dome’

*Buddleja davidii,* Butterfly bush
Cultivars: ‘Attraction,’ var. nanhoensis
‘Nanho Blue,’ ‘Nanho Purple’

*Echinacea purpurea,* Coneflower
Cultivars: ‘Rubinstern’ (Ruby Star), ‘White Swan’

*Echinacea Big Sky Series TM, Coneflower*
Cultivar: ‘Sunrise’

*Eupatorium rugosum,* White snakeroot
Cultivar: ‘Chocolate’

*Gaillardia sp.*, Blanket flower
Cultivars: ‘Baby Cole,’ ‘Goblin’

*Liatris spicata,* Gay feather or Blazing star
Cultivar: ‘Kobold’

*Lobelia speciosa,* Cardinal flower
Cultivars: ‘Fan Blue,’ ‘Fan Deep Rose’

*Monarda didyma,* Beebalm
Cultivar: ‘Petite Delight’

*Salvia x nemorosa,* Perennial Salvia
Cultivar: ‘Mainacht’ (May Night)

*Scabiosa columbaria,* Pincushion flower
Cultivars: ‘Butterfly Blue,’ ‘Pink Mist’

*Sedum spp.*, Stonecrop, Live-forever
Cultivars: ‘Carl,’ x erythrostictum ‘Frosty Morn,’ spectabile ‘Autumn Fire’

**Larval Food Source and Other Plants**

**Larval Food Source Plants included in the garden**

*Asclepias tuberosa,* Butterfly milkweed
Cultivars: species, ‘Hello Yellow’

*Eupatorium rugosum,* White Snakeroot
Cultivar: ‘Chocolate’

*Ruta graveolens,* Rue
Cultivar: ‘Blue Mound’

*Stokesia laevis,* Stoke’s aster
Cultivar: ‘Purple parasols’

*Tanacetum parthenium,* Feverfew
Cultivar: ‘Aureum’

*Thymus serpyllum,* Creeping thyme
Cultivar: ‘Magic Carpet’

**Other nearby larval food sources:**
Crabapple, Ash, Hackberry

**Other plants included in the garden**

*Dianthus gratianopolitanus,* Cheddar pinks
Cultivars: ‘Bath’s Pink,’ ‘Tiny Rubies’

*Heuchera spp,* Coral bells
Cultivars: ‘Chocolate Ruffles,’ ‘Green Spice’

*Hibiscus moscheutos,* Rose mallow
Cultivars: ‘Raspberry Parfait’

*Hosta spp.*, Plantain lily
Cultivars: ‘Francee’

*Mentha piperita,* Chocolate mint and Orange mint
Cultivars: ‘Chocolate,’ ‘Citrata’

*Mentha suaveolens,* Apple mint and Pineapple mint
Cultivars: species, ‘Variegata’

*Origanum laevigatum,* Ornamental oregano
Cultivar: ‘Herrenhausen’

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Native or cultivated variety of Kansas native
Seedheads provide winter food for birds