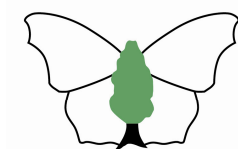


The 100 best butterfly nectar plants



Butterfly Conservation

Saving butterflies, moths and our environment

Buddleia
Ice Plant
Lavender
Michaelmas daisy
Marjoram
Red valerian
Aubretia
Field scabious
Scabious
Bramble
French marigold
Hebe
Candytuft
Lobelia
Honesty
Mint
Hemp agrimony
Phlox
Forget-me-not
Aster
Sweet rocket
Runner bean
Knapweed
Privet
Purple Loosestrife
Verbena
Alyssum
Common fleabane
Dandelion
Dahlia
Wallflower
Bowles mauve wallflower
Ivy
Heather
Shrubby cinquefoil
Ragwort
Cranesbill
Primrose
Tree mallow
Chives
Thyme
Catmint
African Marigold
Pansy
Black eyed Susan
Hydrangea
Golden Rod
Ox-eye daisy
Sweet William
Shasta daisy

Hyssop
Rock rose
Honeysuckle
Daisy
Teasel
Sneezewort
Chrysanthemum (single)
Cosmos, Cosmea
Osteospermum
Clover
Globe thistle
Marguerite
Pot marigold
Escallonia
Everlasting flower
Lilac
Cornflower
Hyacinth
Lychnis coronaria
Red campion
Nasturtium
Ceratostigma
Statice
Cone flower
Senecio
Onions
Virginia stock
Petunia
Busy Lizzie
Coreopsis
Bluebell
Yarrow
Birds-foot-trefoil
Everlasting pea
Cuckoo flower
Feverfew

Inula
Pinks
Sneezeweed, Helenium
Flos flower, Ageratum
Corn marigold
Sea holly
Grape hyacinth
Cotoneaster
Buttercup
Hemp agrimony
Viola
Ceanothus
Musk mallow
Heliotrope

Top tip...

Buddleia is by far the best nectar plant and is first favourite with 18 species: Brimstone, Comma, Common Blue, Gatekeeper, Green-veined White, Holly Blue, Large Skipper, Large White, Meadow Brown, Painted Lady, Peacock, Red Admiral, Small Copper, Small Skipper, Small Tortoiseshell, Small White, Speckled Wood and Wall Brown.