



Caterpillar Food Plants

Grub's up! The caterpillar Munch Box menu

Your garden is a really important place for butterflies, moths and their caterpillars.

Even if your garden is small, there could be over 100 different types of moth and 18 different butterflies coming to visit! That means lots of hungry caterpillars. Caterpillars can be very fussy eaters, so a garden with lots of different types of plants, shrubs and trees will be best for them.

Take a look at our **Caterpillar Munch Menu** and see how many you have in your garden. Perhaps there is room for a few more?



Nasturtiums

Green-veined White, Small White and Large White butterflies love to munch on **Nasturtiums**. Plant them anywhere – in patio planters or maybe in amongst the veggie patch. They produce lovely bright flowers.



Nettles

Be nice to **nettles**! We should always be careful near nettles to avoid being **stung** but they really are brilliant for butterflies. The caterpillars of the **Peacock**, **Red Admiral**, **Small Tortoiseshell** and **Comma** feed on them. Many moth species love nettles too. A patch of nettles in a nice sunny spot will certainly keep your caterpillars happy.



Garlic Mustard

Caterpillars of the **Green-veined White** and **Orange-tip** butterflies feed on **Garlic Mustard**, which grows in damp shady places. Female **Orange-tip** butterflies tend to lay just **one egg per plant** as the caterpillars have a horrible habit of eating each other!

Fruit trees such as cherry, apple and plum are brilliant for lots of different types of moth caterpillars.

More food overleaf



Butterfly Conservation:
Company limited by guarantee, registered in England (2206468)
Registered Office: Manor Yard, East Lulworth, Wareham, Dorset, BH20 5QP
Tel: 01929 400 209
Charity registered in England & Wales (254937) and in Scotland (SCO39268)

www.munchingcaterpillars.org



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Lady's Smock

Caterpillars of the **Orange-tip** like to munch on this pretty wildflower, which is sometimes called **Cuckooflower**. It flowers from April to June and likes damp places.



Common Bird's-foot-trefoil

Caterpillars of the **Common Blue** butterfly and the **Six-spot Burnet** moth feed on **Common Bird's-foot-trefoil**. The bright yellow flowers appear around June and this plant loves to be in a **sunny spot**. Help them grow by keeping them clear of grass and weeds.



Buckthorn

Caterpillars of the **Brimstone** butterfly feed on **Buckthorn**. Buckthorn blossom is also a great source of **nectar** for other insects such as bees, and the berries provide food for birds in the autumn.



Fuchsias

Caterpillars of the **Elephant Hawk-moth** love munching on **Rosebay Willowherb**, but they will also eat **Fuchsias**, which might be a better option for your garden. The caterpillars of the **Elephant Hawk-moth** are grey and wrinkled, just like the trunk of an elephant!



Thistles

Thistles are munched by caterpillars of the **Painted Lady** butterfly. The caterpillars build themselves silk tents to keep them safe from predators as they feed.



Common Comfrey

Caterpillars of the beautiful **Scarlet Tiger** moth feed on **Common Comfrey**. The plant has lovely pinky purple flowers and its leaves can be used for **slug control** and for fertiliser.



Get planting!

Don't forget to download our instructions for planting your own Munch Boxes and Fuel Stations.



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