

PLANTS TO ENCOURAGE BUTTERFLIES AND CATERpillARS

Butterfly	Food plants							
Brimstone	Aubrietia	Buddleia	Lavender	Purple loosestrife	Runner bean	Scabious		
Comma	Bramble	Buddleia				Scabious	Sedum	
Common blue	Birds foot trefoil	Buddleia	Lavender					
Gatekeeper	Bramble	Buddleia	Candytuft	Thyme				
Holly blue	Bramble	Escallonia						
Large white	Aubrietia	Buddleia	Bugle	Candytuft	Thistle	Lavender	Nasturtium	Ragged robin
Meadow brown	Bramble	Buddleia	Scabious	Lavender	Marjoram			
Orange tip	Aubrietia	Bugle	Honesty	Sweet rocket				
Painted lady	Aubrietia	Buddleia	Hebe	Lavender	Scabious			
Peacock		Buddleia	Scabious					
Red admiral	Aubrietia	Buddleia	Ivy	Privet				
Small tortoiseshell	Aubrietia	Buddleia	Candytuft	Scabious	Michaelmas daisy			
Small white	Aubrietia	Buddleia	Lavender	Ragged robin				
Speckled wood		Buddleia	Marjoram					
Wall brown		Buddleia	Lavender					

Caterpillar	Food plants			
Brimstone	Buckthorn			
Comma	Currant	Elm	Hop	Stinging nettle
Common blue	Clover	Birds foot trefoil		
Gatekeeper	Bents	Cocksfoot	Couch	
Holly blue	Bramble	Gorse	Holly	Ivy
Large white	Nasturtiums	Cabbage		
Meadow brown	Grasses			
Orange tip	Arabis	Charlock	Cuckoo flower	Garlic mustard
Painted lady	Thistles	Burdocks	Stinging nettles	
Peacock	Stinging nettle			
Red admiral	Stinging nettle	Hop		
Small tortoiseshell	Stinging nettle			
Small white	Nasturtiums	Cabbage		
Speckled wood	Meadow grass	Cocksfoot	Couch	
Wall brown	Common Grasses			

Spring	summer	autumn	wilder garden
Aubritia	African marigold	Hebes	Bramble
Buddleia	Buddleia	Sedum	Bugle
Corn marigold	Dahlias	Michaelmas daisy	Dandelion
Forget me nots	Dianthus		Hawkweed
Hebes	Phlox		
Lavender	Scabious		
Primroses	French marigold		
Sweet Williams	Hebes		
	Lobelia		
	Marjoram		

All Plants listed

African marigold	Cabbage	Dahlias	Hawkweed	Michaelmas daisy	Sedum
Arabis	Candytuft	Dandelion	Hebes	Nasturtium	Stinging nettle
Aubrietia	Charlock	Dianthus	Holly	Phlox	Sweet rocket
Bents	Clover	Elm	Honesty	Primroses	Sweet Williams
Birds foot trefoil	Cocksfoot	Escallonia	Hop	Privet	Thistles
Bramble	Common Grasses	Forget me nots	Ivy	Purple loosestrife	Thyme
Buckthorn	Corn marigold	French marigold	Lavender	Ragged robin	
Buddleia	Couch	Garlic mustard	Lobelia	Runner bean	
Bugle	Cuckoo flower	Gorse	Marjoram	Runner bean	
Burdocks	Currant	Grasses	Meadow grass	Scabious	