



# Butterfly and Hummingbird GARDENS



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## ATTRACTING HUMMINGBIRDS

Hummingbirds are a desirable addition to any garden. They are attracted to red, yellow and orange flowers, especially those which are funnel or tube-shaped. These birds consume up to eight times their body weight in water and nectar daily and usually feed every ten minutes. They also eat spiders and insects. When trying to attract hummingbirds, plant each species of flower in groups or clusters. Place the tallest plants at the back of the garden and the shortest at the front.

## ATTRACTING BUTTERFLIES

To attract butterflies to your garden you will need both a nectar source and host larval plants. When choosing plants, make sure blooming will occur throughout the season so that a nectar source is always available. Plant flowers in groups of varying heights. This will help attract a variety of species. Also choose a sheltered but unshaded area for planting. Butterflies require the sun's heat to warm their bodies for flight. Sunlight is also beneficial for butterfly eggs and caterpillars.

## SWAMP MILKWEED

*asclepias incarnata*

**Attracts: bees and butterflies**

This perennial has deep pink flowers that grow in clusters. Blooming occurs from June to August and it grows best in wet to average soils. This plant requires full sun and grow to 1.2 meters tall. It is a larval food plant for the Monarch Butterfly.

## NEW ENGLAND ASTER

*aster novaeangliae*

**Attracts: bees and butterflies**

This large perennial reaches up to 2 meters in height. It has yellow disc florets surrounded by lavender ray flowers. Blooming occurs from August to October. It grows in moist to average soil and tolerates partial shade. Asters are host larval plants for the Pearl Crescent Butterfly and a nectar source for Whites and Blues.



## COMMON EVENING PRIMROSE

*oenothera biennis*

**Attracts: butterflies**

This biennial with a broad, four-petaled yellow flower. Blooming occurs from July to September. It grows from 30 to 150 cm tall and prefers dry soils in open places.

## WILD COLUMBINE

*aquilegia canadensis*

**Attracts: bees, butterflies and hummingbirds**

This perennial has beautiful red and yellow nodding flowers with yellow stamens hanging below the petals. It blooms from April to July. It grows in open forest and meadows with dry, average and well-drained soils. Wild Columbine will reach 30 to 60 cm in height.

## TURTLEHEAD

*chelone glabra*

**Attracts: bees and butterflies**

The perennial has a terminal white cluster of tubular flowers. Blooming occurs from July to September. Turtlehead grows

well in wet, rich soil in full sun to partial shade. This plant will reach almost one meter in height. It is the host larval food plant for the Baltimore Butterfly.

## CARDINAL FLOWER

*lobelia cardinalis*

**Attracts: bees, butterflies and hummingbirds**

This perennial has bright red tubular flowers. It grows in wet to average soils, and partial to full sunlight. It reaches 60 to 120 cm in height. Blooming occurs from July to September.

## BUTTERFLY MILKWEED

*asclepias tuberos*

**Attracts: butterflies**

This perennial has bright orange flowers that grow in clusters at the end of a hairy stem. It has a long blooming period, May to September. It reaches 30 to 90 cm in height. It grows in dry, average and well-drained soils and tolerates light shade. It is the larval food plant for the Monarch Butterfly and a nectar source for the Copper Butterfly.

## WILD BERGAMOT

*monarda fistulosa*

**Attracts: bees, butterflies and hummingbirds**

This perennial has lavender flowers that grow in a dense cluster at the end of the stem. It blooms from June to August and grows in dry, average and well-drained soils. Bergamot will grow to about 1 meter tall. It has an odour similar to Earl Gray tea. This plant should be used in prairie and meadow settings.

## FALSE DRAGONHEAD

*physostegia virginiana*

**Attracts: bees and butterflies**

This perennial has pink tubular flowers. Blooming occurs from June to September and the plant reaches a height of 30 to 60 cm.

It requires constant moisture and partial shade to full sun.

This plant, also known as Obedient Plant, does well in open woods or meadow settings.

## BLACK-EYED SUSAN

*rudbeckia hirta*

**Attracts: bees and butterflies**

This biennial has golden yellow ray flowers surrounding brown disc florets. This familiar wildflower grows 60 to 90 cm tall. It is a hardy plant that does well in moist to well-drained soils. Blooming occurs from June to October. This plant is the nectar source for the Pearl Crescent and Fritillaries Butterfly.

## SPOTTED TOUCH-ME-NOT

*impatiens capensis*

**Attracts: bees, butterflies and hummingbirds**

This annual has dangling, tubular, golden orange flowers. It blooms from July to September and reaches 1.5 meters in height. It grows in light shade to full sun and requires moist soil. This plant is also known as Jewelweed.