

## San Francisco Butterflies and Their San Francisco Native Caterpillar Host Plants

San Francisco's beautiful local butterflies are specialist eaters when they are caterpillars and generalist eaters when they are adults. Specialist eaters means that the caterpillars can eat the leaves of only one or very few plants. Generalist eaters means that the adult butterflies can eat nectar from many plants, including introduced plants. A few beautiful moths are included in this list.

Local native plants in your garden create habitat for our local butterflies and moths at all their life stages, including when they are eggs, caterpillars, cocoons and adults.

Please leave your leaves on the ground in your garden for your caterpillar cocoons to hide from hungry birds.

### **San Francisco threatened, endangered and rare butterflies**

Mission Blue, Coastal Green Hairstreak, San Bruno Elfin, Bay Checkerspot, Western Pigmy Blue, Callippe Silverspot, Pipevine Swallowtail

Xerces Blue butterfly is extinct.

### **Bay area threatened, endangered and rare butterflies** (in addition to the San Francisco butterflies above)

Lange's Metalmark, Smith's Blue, Lotis Blue, Behren's Silverspot, Myrtle's Silverspot, Monarch

### **California threatened, endangered and rare butterflies outside the bay area**

Palos Verdes Blue, El Segundo blue, Quino checkerspot (San Diego), Kern Primrose Sphinx Moth (Carrizo Plain), Oregon Silverspot butterfly (near Oregon), Hermes copper (San Diego), Carson Wandering Skipper (Lassen County), Laguna Mountains Skipper (Mount Palomar San Diego)

## **San Francisco butterfly species and their caterpillar/host/larval plants**

### **Northern Coastal Dune**

Western Tailed-Blue (*Cupido amyntula*) - Pacific Pea (*Lathyrus littoralis*, *vestitus* var. *vestitus*, *jepsonii*), Harlequin lotus (*Hosackia gracilis*), Milkvetch (*Astragalus nuttallii nuttallii*)

Eastern Tailed Blue *Cupido comyntas* - Deerweed (*Acmispon glaber*), Lupine (*Lupinus albifrons*, *arboreus*, *bicolor*, *chamissonis*, *formosus*, *nanus*, *variicolor*), Pacific Pea (*Lathyrus littoralis*, *vestitus* var. *vestitus*, *jepsonii*), Milkvetch (*Astragalus nuttallii nuttallii*), Violets (*Viola pedunculata* and *Viola adunca* ssp. *adunca*), Clover (*Trifolium wormskioldii*), Harlequin lotus (*Hosackia gracilis*), Vetch (*Vicia gigantea*, *ludoviciana* ssp. *ludoviciana*)

### **Northern Coastal Dune Scrub**

Mission Blue (*Icaricia icarioides missionensis*) - Lupine (*Lupinus albifrons*, *formosus*, *variicolor*, *arboreus*)

Coastal Green Hairstreak (*Callophrys viridis*) - Coast Buckwheat (*Eriogonum latifolium*), Deerweed (*Acmispon glaber*)

Acmon Blue (*Icaricia acmon*) - Coast Buckwheat (*Eriogonum latifolium*), Deerweed (*Acemisson glaber*), Lupine (*Lupinus albifrons*, *arboreus*, *bicolor*, *chamissonis*, *formosus*, *nanus*, *variicolor*), Harlequin lotus (*Hosackia gracilis*), California Poppy (*Eschscholzia californica*), Clover (*Trifolium wormskioldii*)

Gray Hairstreak (*Strymon melinus*) - Lupine (*Lupinus albifrons*, *arboreus*, *bicolor*, *chamissonis*, *formosus*, *nanus*, *variicolor*), California Lilac (*Ceanothus thyrsiflorus*), Coffeeberry (*Frangula californica*), Coast Buckwheat (*Eriogonum latifolium*), Deerweed (*Acemisson glaber*), Checker Bloom (*Sidalcea malviflora*), Toyon (*Heteromeles arbutifolia*), California Wild Rose (*Rosa californica*)

Field Crescent (*Phyciodes pulchella*) - California Aster (*Symphotrichum chilense*), Goldenrod (*Solidago velutina* ssp. *californica*)

American Lady (*Vanessa virginiensis*) - Sagebrush (*Artemisia californica*), Mugwort (*Artemisia douglasiana*), Coastal Sagewort (*Artemisia pycnocephala*), Pearly Everlasting (*Anaphalis margaritacea*), Cudweed (*Pseudognaphalium biolettii*, *californicum*, *ramosissimum*, *stramineum*), Ragwort (*Senecio aronicoides*), Yarrow (*Achillea millefolium*)

### **Oak Woodland**

California Sister (*Adelpha californica*)- Coast Live Oak (*Quercus agrifolia*)

California Tortoiseshell (*Nymphalis californica*) - Coast Live Oak (*Quercus agrifolia*), California Lilac (*Ceanothus thyrsiflorus*)

Western Tiger Swallowtail butterfly (*Papilio rutulus*) - Coast Live Oak (*Quercus agrifolia*), Big Leaf Maple (*Acer macrophyllum*), Hollyleaf Cherry (*Prunus ilicifolia*, *virginiana* var. *demissa*), Arroyo Willow (*Salix lasiolepis*, *lasiandra*, *laevigata*, *scouleriana*, *exigua*)

Pale Tiger Swallowtail (*Papilio eurymedon*) - California Lilac (*Ceanothus thyrsiflorus*), Hollyleaf Cherry (*Prunus ilicifolia*, *virginiana* var. *demissa*), Coffeeberry (*Frangula californica*), Redberry (*Rhamnus crocea*)

Echo Azure/Pacific Azure (*Celastrina echo*) - Hollyleaf Cherry (*Prunus ilicifolia*, *virginiana* var. *demissa*), Coffeeberry (*Frangula californica*), Ocean Spray (*Holodiscus discolor*)

Ceanothus Silkmoth (*Hyalophora euryalus*) - California Lilac (*Ceanothus thyrsiflorus*), Coast Live Oak (*Quercus agrifolia*), Hollyleaf Cherry (*Prunus ilicifolia*, *virginiana* var. *demissa*), Hazelnut (*Corylus cornuta* ssp. *californica*), Coffeeberry (*Frangula californica*), Redberry (*Rhamnus crocea*), Pink flowering currant (*Ribes sanguineum* var. *glutinosum*, *malvaceum* and *divaricatum* var. *pubiflorum*), Manzanita (*Arctostaphylos* species)

Polyphemus Moth (*Antheraea polyphemus*) - Coast Live Oak (*Quercus agrifolia*), Big Leaf Maple (*Acer macrophyllum*), California Wax Myrtle (*Morella californica*), Dogwood (*Cornus sericea*), Coffeeberry (*Frangula californica*), Hollyleaf Cherry (*Prunus ilicifolia*, *virginiana* var. *demissa*), Arroyo Willow (*Salix lasiolepis*), Huckleberry (*Vaccinium ovatum*), Hazelnut (*Corylus cornuta* ssp. *californica*), Redberry (*Rhamnus crocea*), Pink flowering currant (*Ribes sanguineum* var. *glutinosum*, *malvaceum* and *divaricatum* var. *pubiflorum*), Blue Elderberry (*Sambucus nigra* ssp. *caerulea*), California Buckeye (*Aesculus californica*)

White-lined Sphinx Moth (*Hyles lineata*) - Hollyleaf Cherry (*Prunus ilicifolia*), Arroyo Willow (*Salix lasiolepis*), Blue Elderberry (*Sambucus nigra* ssp. *caerulea*), Thimbleberry, Salmonberry, California blackberry (*Rubus parviflorus*, *spectabilis*, *ursinus*), Coast Buckwheat (*Eriogonum latifolium*), Evening Primrose (*Oenothera elata* ssp. *hookeri*), Honeysuckle (*Lonicera hispidula*, *involucrata* var. *involucrata*), California Fuchsia (*Epilobium canum*), Seaside Daisy (*Erigeron glaucus*), Farewell-to-Spring (*Clarkia amoena*, *rubicunda*, *unguiculata*, *davyi*, *purpurea* ssp. *quadrivulnera*), Miner's lettuce (*Claytonia perfoliata*)

### **Grasslands**

San Bruno Elf (Callophrys mossii bayensis) - Yellow Stonecrop (*Sedum spathulifolium*) (rocky outcrops in grassland habitats)

Bay Checkerspot (*Euphydryas editha bayensis*) - Dwarf plantain (*Plantago erecta*)

Common Ringlet (*Coenonympha tullia*) - Sedge (*Carex barbarae*, *pansa*), Bentgrass (*Agrostis exarata*), Fescue (*Festuca idahoensis*), Purple Needlegrass (*Stipa pulchra*)

Sandhill Skipper (*Polites sabuleti*) - Bentgrass (*Agrostis densiflora*, *exarata*, *microphylla*, *pallens*), Red Fescue (*Festuca californica*, *rubra*, *idahoensis*, *octoflora*), Saltgrass (*Distichlis spicata*), Love Grass (*Eragrostis pectinacea* var. *pectinacea*)

Umber Skipper (*Lon/Poanes melane*) - Brome Grass (*Bromus carinatus*), Tufted Hairgrass (*Deschampsia cespitosa*), Red Fescue (*Festuca rubra*), Sedge (*Carex barbarae*, *pansa*)

Woodland Skipper (*Ochlodes sylvanoides*) - Wildrye (*Elymus condensatus*, *glaucus* ssp. *glaucus*, *glaucus* ssp. *virescens*, *mollis*, *multisetus*, *pacificus*)

Common Buckeye (*Junonia coenia*) - Monkeyflower (*Erythranthe cardinalis*, *E. guttata*, *Mimulus aurantiacus*), Plantain (*Plantago erecta*, *subnuda*), Vervain (*Verbena lasiostachys*), Bee Plant (*Scrophularia californica*), Yellow Stonecrop (*Sedum spathulifolium*)

West Coast Lady (*Vanessa annabella*) - Checker Bloom (*Sidalcea malviflora*), Nettle (*Urtica dioica* ssp. *holosericea*, *Urtica dioica* ssp. *gracilis*), Coastal Bush Lupine (*Lupinus arboreus*)

Common Checkered-skipper (*Burnsius communis*/*Pyrgus communis*) - Checker Bloom (*Sidalcea malviflora*)

Red Admiral (*Vanessa atalanta*) - Nettle (*Urtica dioica* ssp. *holosericea*, *Urtica dioica* ssp. *gracilis*)

Painted Lady (*Vanessa cardui*) - Pearly Everlasting (*Anaphalis margaritacea*), Sagebrush (*Artemisia californica*), Mugwort (*Artemisia douglasiana*), Coastal Sagewort (*Artemisia pycnocephala*), Lupine (*Lupinus albifrons*, *arboreus*, *bicolor*, *chamissonis*, *formosus*, *nanus*, *varicolor*), Fiddleneck (*Amsinckia spectabilis*, *spectabilis* var. *spectabilis*), Plantain (*Plantago erecta*, *subnuda*), Cobweb Thistle (*Cirsium occidentale*), Nettle (*Urtica dioica* ssp. *holosericea*, *Urtica dioica* ssp. *gracilis*), Yarrow (*Achillea millefolium*) (*Helianthus annuus* - edible seeds, not locally native)

Anise Swallowtail (*Papilio zelicaon*) - Cow Parsnip (*Heracleum maximum*), Lomatium (*Lomatium utriculatum*), Coast Angelica (*Angelica hendersonii*), Kellogg's Yampah (*Perideridia kelloggii*)

#### **Riparian/Creekside (damp soil)**

Callippe Silverspot Fritillary (*Speyeria callippe callippe*) - Violets (*Viola pedunculata* and *Viola adunca* ssp. *adunca*)

Variable Checkerspot (*Euphydryas chalcedona*) - Violets (*Viola pedunculata* and *Viola adunca* ssp. *adunca*), Bee Plant (*Scrophularia californica*), Snowberry (*Symphoricarpos albus* var. *laevigatus*, *mollis*), Monkeyflower (*Erythranthe guttata*, *Mimulus aurantiacus*)

Mourning Cloak (*Nymphalis antiopa*) - Arroyo Willow (*Salix lasiolepis*, *lasiandra*, *laevigata*), Big Leaf Maple (*Acer macrophyllum*)

Satyr Comma (*Polygonia satyrus*) - Pink flowering currant (*Ribes sanguineum* var. *glutinosum*, *malvaceum* and *divaricatum* var. *pubiflorum*), Arroyo Willow (*Salix lasiolepis*), Nettle (*Urtica dioica* ssp. *holosericea*, *Urtica dioica* ssp. *gracilis*)

Pipevine Swallowtail (*Battus philenor*) - Dutchmans Pipevine (*Aristolochia californica*) (riparian and oak woodland)

Mylitta Crescent (*Phyciodes mylitta*) - Monkeyflower (*Erythranthe cardinalis*, *E. guttata*, *Mimulus aurantiacus*)

#### **Salt Marsh (wet soil)**

Western Pygmy Blue (*Brephidium exilis*) - California Seablite (*Suaeda californica*), Seascale (*Atriplex leucophylla*), Goosefoot (*Chenopodium berlandieri*), California Saltbush (*Extriplex californica*), Pickleweed (*Salicornia pacifica*)

#### **Bay Area Butterflies (in addition to the San Francisco Butterflies above)**

#### **Bay Area threatened, endangered and rare butterflies (in addition to the San Francisco Butterflies above) and their caterpillar host plants**

Lotis Blue Butterfly (*Plebejus idas lotis*) - coast trefoil (*Lotus formosissimus*/*Hosackia gracilis*) or maybe Bolander's sweet pea (*Lathyrus vestitus* ssp. *bolanderi*) Last population observed near a sphagnum bog in Pygmy Forest, Mendocino County, California

<https://www.fws.gov/arcata/es/inverts/lotisBlue/documents/>

[USFWS%201985%20Lotis%20Blue%20Butterfly%20Recovery%20Plan.pdf](#)

Behren's Silverspot butterfly (*Speyeria zerene behrensii*) - *Viola adunca*, disjunct distribution in coastal Sonoma and Mendocino Counties, California. The largest known population is located near Point Arena, Mendocino County, California in coastal sand dune habitat

<https://www.fws.gov/arcata/es/inverts/BehrensSS/documents/>

[Behren's%20Silverspot%20Butterfly%20Final%20Recovery%20Plan.pdf](#)

Lange's metalmark (*Apodemia mormo langei*) - Buckwheat (*Eriogonum nudum* ssp. *psychicola*), sand dune habitat along the southern bank of the Sacramento River, and is currently found only at Antioch Sand Dunes (a misnomer, as the sand was long ago removed and the landscape is now hilly scrub) in Contra Costa County, California. Most of the habitat is

now part of the Antioch Dunes National Wildlife Refuge, administered by the Don Edwards San Francisco Bay National Wildlife Refuge Complex  
<https://www.fws.gov/fieldnotes/regmap.cfm?arskey=36198>

Myrtle's Silverspot butterfly (*Speyeria zerene myrtleae*) *Viola adunca* in coastal dune or prairie habitat. Populations were formerly found in dunes and bluffs from San Mateo County north to the mouth of the Russian River in Sonoma County. The populations south of the Golden Gate apparently have been extirpated by urban development. Four populations are known to inhabit coastal terrace prairie, coastal bluff scrub, and associated non-native grassland habitats in western Marin and southwestern Sonoma counties, including the Point Reyes National Seashore.

[https://www.fws.gov/sacramento/es\\_species/Accounts/Invertebrates/myrtle\\_silverspot\\_butterfly/](https://www.fws.gov/sacramento/es_species/Accounts/Invertebrates/myrtle_silverspot_butterfly/)

Smith's Blue (*Euphilotes enoptes smithi*) - Buckwheats (*Eriogonum latifolium* and *Eriogonum parvifolium*) in sand dune habitat with a dune-based Maritime Coast Range Ponderosa Pine forest in the Carbonera Creek watershed in Santa Cruz County. The range of *Euphilotes enoptes smithi* is from Monterey Bay south to Punta Gorda.

[https://www.fws.gov/cno/Science/Review%20PDFs/2021/Final/SMBB%20SSA\\_April2020.pdf](https://www.fws.gov/cno/Science/Review%20PDFs/2021/Final/SMBB%20SSA_April2020.pdf)

Monarch (*Danaus plexippus*) - local milkweed (*Asclepias fascicularis*, *A. californica*, *A. speciosa*). Plant milkweed inland farther than 5 miles from the west coast of California. Within 5 miles from the west coast of California, please plant adult nectar sources, rather than milkweed, to encourage the Monarchs to complete their migration. Grassland habitat.

<https://www.westernmonarchcount.org/>

<https://www.monarchwatch.org/download/pdf/where.pdf>

<https://monarchwatch.org/>

<https://monarchjointventure.org/get-involved/i-am-a/departement-of-transportation/monarch-highway>

### **Additional Bay Area Butterflies (in addition to the San Francisco Butterflies above)** **Northern Coastal Dune**

Silvery Blue (*Glaucopsyche lygdamus*) - Deerweed (*Acmispon glaber*), Lupine (*Lupinus albifrons*, *arboreus*, *bicolor*, *chamissonis*, *formosus*, *nanus*, *variicolor*), Pacific Pea (*Lathyrus littoralis*, *vestitus* var. *vestitus*, *jepsonii*), Milkvetch (*Astragalus nuttallii nuttallii*), Harlequin lotus (*Hosackia gracilis*), Vetch (*Vicia gigantea*, *ludoviciana* ssp. *ludoviciana*)

Two-banded Checkered-skipper (*Pyrgus ruralis*) - Checker Bloom (*Sidalcea malviflora*), Strawberry (*Fragaria vesca* and *chiloensis*), Wedge Leaf Horkelia (*Horkelia cuneata*), Sticky Cinquefoil (*Drymocallis glandulosa*)

Large Marble (*Euchloe ausonides*) - San Francisco Wallflower (*Erysimum franciscanum*, *capitatum*), Coast Rockcress (*Arabis blepharophylla*), California Mustard (*Caulanthus lasiophyllus*)

Sara Orangetip (*Anthocharis sara*) - Coast Rock Cress (*Arabis blepharophylla*), San Francisco Wallflower (*Erysimum franciscanum*)

### **Northern Coastal Dune Scrub**

Orange Sulphur (*Colias eurytheme*) - Harlequin lotus (*Hosackia gracilis*), Lupine (*Lupinus albifrons*, *arboreus*, *bicolor*, *chamissonis*, *formosus*, *nanus*, *variicolor*), Pacific Pea (*Lathyrus littoralis*, *vestitus* var. *vestitus*, *jepsonii*), Deerweed (*Acmispon glaber*), Milkvetch (*Astragalus nuttallii nuttallii*), Clover (*Trifolium wormskioldii*), Deerweed (*Acmispon glaber*)

Boisduval's Blue (*Icaricia icarioides*) - Lupine (*Lupinus albifrons*, *arboreus*, *bicolor*, *chamissonis*, *formosus*, *nanus*, *variicolor*)

### **Oak Woodland**

Mournful Duskywing (*Erynnis tristis*) - Oak (*Quercus agrifolia*, *lobata*, *durata*, *chrysolepis*, *garryana*, *wislizeni*)

Propertius Duskywing (*Erynnis propertius*) - Oak (*Quercus agrifolia*, *lobata*, *durata*, *chrysolepis*, *garryana*, *wislizeni*)

Tailed Copper (*Lycaena arota*) - Pink flowering currant (*Ribes sanguineum* var. *glutinosum*, *malvaceum* and *divaricatum* var. *pubiflorum*)

California dogface (*Zerene eurydice*) - California state butterfly - False Indigo (*Amorpha californica*, *californica* var. *napensis*)

### **Grassland**

Edith's Checkerspot (*Euphydryas editha*) - Dotseed Plantain (*Plantago erecta*, *subnuda*), Penstemon (*Penstemon heterophyllus*), Monkeyflower (*Erythranthe cardinalis*, *E. guttata*, *Mimulus aurantiacus*), Purple Chinese Houses (*Collinsia heterophylla*)

Northern Checkerspot (*Chlosyne palla*) - Mock Heather (*Ericameria ericoides*), California Goldenrod (*Solidago velutina* ssp. *californica*), Seaside Daisy (*Erigeron glaucus*), Aster (*Symphyotrichum chilense* and *subspicatum*), Rough Leaved Aster (*Eurybia radulina*), Ragwort (*Senecio aronicoides*)

Rural Skipper (*Ochlodes agricola*) - Melicgrass (*Melica imperfecta*, *torreyana*, *geyeri*, *californica*)

Sachem (*Atalopedes campestris*) - Bluegrass (*Poa douglasii*, *secunda* ssp. *secunda*, *unilateralis*), Red Fescue (*Festuca rubra*)

Pacific Dotted Blue (*Euphilotes enoptes*) - Buckwheat (*Eriogonum latifolium*, *nudum*, *nudum* var. *nudum*, *fasciculatum*), California Poppy (*Eschscholzia californica*)

### **Riparian/Creekside (damp soil)**

Coronis Fritillary (*Speyeria coronis*) - Violets (*Viola pedunculata*, *adunca*, *adunca* ssp. *adunca*, *glabella*)

### **Lake/ponds (wet soil)**

Purplish Copper (*Lycaena helloides*) - Sticky Cinquefoil (*Drymocallis glandulosa*), Beach Knotweed (*Polygonum paronychia*), Swamp Knotweed (*Persicaria amphibia*, *punctata*, *lapathifolia*)

### **California threatened, endangered and rare butterflies outside the bay area**

Palos Verdes Blue, El Segundo blue, Quino checkerspot (SD), Kern primrose sphinx moth (Carrizo Plain), Oregon Silverspot butterfly (near Oregon), Hermes copper (SD), Carson wandering skipper (Lassen County), Laguna Mountains skipper (Mount Palomar SD)

Oregon Silverspot butterfly (*Speyeria zerene hippolyta*) Viola adunca short-stature grasslands in coastal dunes, bluffs, and nearby forest glades

<https://wdfw.wa.gov/species-habitats/species/speyeria-zerene-hippolyta>

[https://www.fws.gov/refuge/Nestucca\\_Bay/wildlife\\_and\\_habitat/silverspot.html](https://www.fws.gov/refuge/Nestucca_Bay/wildlife_and_habitat/silverspot.html)

**Adult butterfly nectar plants.** Shallow flowers provide nectar and landing pads to adult butterflies.

Early spring blooming plants

Arroyo Willow (*Salix lasiolepis*) is a keystone wildlife species.

California Sand Aster (*Corethrogyne filaginifolia*) - pink flowers (long bloom June-Oct)

Seaside Daisy (*Erigeron glaucus*) - pink flowers (long bloom Jan-Aug)

Strawberry (*Fragaria vesca* and *chiloensis*)

Golden Aster (*Heterotheca sessiliflora* ssp. *bolanderi*, *sessiliflora* ssp. *bolanderi* 'San Bruno Mountain', *villosa*) - yellow flowers (long bloom March-Dec)

Tidy Tips (*Layia platyglossa*) yellow & white flowers annual

Goldfields (*Lasthenia californica*, *glabrata*, *glabrata* ssp. *glabrata*, *minor*) - yellow flowers annual (long bloom Feb-June)

Hollyleaf Cherry (*Prunus ilicifolia*)

Thimbleberry (*Rubus parviflorus*)

Mid-late spring blooming plants

Yarrow (*Achillea millefolium*) white flowers (long bloom April-Aug)

Onion (*Allium unifolium* and *dichlamydeum*)

Seapink (*Armeria maritima*)

Balsam Root (*Balsamorhiza sagittata*)

Brodiaea (*Brodiaea elegans*, *terrestris*)

Purple Chinese Houses (*Collinsia heterophylla*, *tinctoria*) annual

Blue Dicks (*Dichelostemma capitatum*, *capitatum capitatum*, *congestum*)

Gilia (*Gilia capitata*, *capitata* ssp. *chamissonis*)

Dune Goldenbush (*Isocoma menziesii* var. *vernonioides*) - very long bloom period

Goldfields (*Lasthenia californica*, *glabrata*, *glabrata* ssp. *glabrata*, *minor*)

Lomatium (*Lomatium utriculatum*)

Lupine (*Lupinus albifrons*, *arboreus*, *formosus*, *variicolor*, *succulentus*, *bicolor*, *nanus*)

Phacelia californica (perennial) and phacelia annuals

Blue Elderberry (*Sambucus nigra* ssp. *caerulea*)

Mule Ears (*Wyethia angustifolia*, *helenioides*) - yellow flowers (long bloom March-July)

Summer blooming plants

Farewell-To-Spring (*Clarkia amoena*, *rubicunda*, *unguiculata*, *davyi*, *purpurea* ssp. *quadrivulnera*) annual

California Aster (*Corethrogyne filaginifolia*) - long bloom period

Buckwheat (*Eriogonum latifolium*, *fasciculatum*, *nudum*, *nudum* var. *nudum*)

Golden Yarrow (*Eriophyllum confertiflorum*, *lanatum*, *staechadifolium*) - yellow flowers (long bloom Feb-Aug)

Sunflower (*Helianthella castanea*)  
Serpentine Sunflower (*Helianthus bolanderi*)  
Aster (*Symphotrichum chilense*, *subspicatum*)  
Dune Tansy (*Tanacetum bipinnatum*) - yellow flowers (long bloom July-Oct)  
Vervain (*Verbena lasiostachys*) - purple flowers (long bloom Apr-Sept)

Late summer-fall blooming flowers

Coyote Bush (*Baccharis pilularis*) - long bloom period  
'Rough Leaved Aster (*Eurybia radulina*)  
Goldentop (*Euthamia occidentalis*) - yellow flowers (long bloom Aug-Oct)  
Gumweed (*Grindelia camporum*, *hirsutula*, *hirsutula* var. *maritima*, *stricta* var. *angustifolia*, *stricta* var. *platyphylla*) - yellow flowers (long bloom June-Sept)  
Madia (*Madia elegans*, *sativa*) - yellow flowers  
Goldenrod (*Solidago velutina* ssp. *californica* and *spathulata*) - long bloom period

**Sources of information about which plant leaves feed which caterpillar species:**

Calscape offers species of butterflies and moth caterpillar species fed by each native plant's leaves. Calscape does not include all of our most rare butterflies (bay checkerspot, Palos Verdes butterfly, El Segundo butterfly etc are missing as of June 2021), so Calscape undercounts butterflies and moths for some plants. Calscape data includes only native plants and native butterflies and moths in their database. Calscape data is available for plants at the species level. Cultivar leaves' ability to feed caterpillars are not included in the Calscape database. The Calscape database can be searched by plant name, location, and butterfly and moth names. Calscape is CNPS's plant selection tool with California native plant pictures, plant size at full growth, soil types, sun/shade needs, water needs, butterfly and moth caterpillar value (chewed leaves are good!) and nurseries with plant availability.

<https://www.calscape.org/>

<https://www.calscape.org/loc-cat-Lep/ord-popular?srchcr=sc60b711e33e2d8>

National Wildlife Federation hosts a database of plants and lepidoptera (butterflies and moths). The NWF database includes non-native lepidoptera and non-native plants that host both native lepidoptera and non-native lepidoptera caterpillars. NWF's data is only available at the plant genera level, not the species level, example: *Quercus* (oaks) genera, not *Quercus agrifolia* species.

<https://www.nwf.org/NativePlantFinder>

Jeffrey Caldwell's unpublished report

Cat Chang created a curated list of local native lepidoptera for iNaturalist

SF lepidoptera species

[https://www.inaturalist.org/observations?](https://www.inaturalist.org/observations?place_id=854&subview=table&taxon_id=47157&view=species)

[place\\_id=854&subview=table&taxon\\_id=47157&view=species](https://www.inaturalist.org/observations?place_id=854&subview=table&taxon_id=47157&view=species)

SF butterflies (no moths)

[https://www.inaturalist.org/observations?](https://www.inaturalist.org/observations?place_id=854&subview=table&taxon_id=47224&view=species)

[place\\_id=854&subview=table&taxon\\_id=47224&view=species](https://www.inaturalist.org/observations?place_id=854&subview=table&taxon_id=47224&view=species)

Bay area groups creating habitat for local butterflies

<http://natureinthecity.org/>

<http://natureinthecity.org/green-hairstreak>



<https://www.mountainwatch.org/butterflies-and-wildlife>  
<https://hallbergbutterflygardens.org/>  
<https://nativeherenursery.org/california-native-plants-that-attract-butterflies/>  
<http://cnps-yerbabuena.org/biodiversity/biodiversity-resources/>

National groups advocating for local butterfly conservation

<https://xerces.org/pollinator-conservation/>  
<https://www.naba.org/>  
<https://naba.org/pubs/bg.html>  
<https://monarchwatch.org/>  
<https://monarchjointventure.org/get-involved/i-am-a/departement-of-transportation/monarch-highway>  
<https://www.workman.com/products/natures-best-hope-1>  
<http://www.bringingnaturehome.net/>

US endangered species list including butterflies and moths

<https://nrm.dfg.ca.gov/FileHandler.ashx?DocumentID=109405&inline>

Tim Whyatt has a great butterfly cartoon

<http://whyatt.com.au/cartoons/>

California Native Plant Society - Yerba Buena (San Francisco) chapter offers free plant lists & biodiversity resources, free hikes and free speaker series

<http://cnps-yerbabuena.org/>  
<http://cnps-yerbabuena.org/biodiversity/biodiversity-resources/>