

Attraction Tips

Butterflies

- Select plants that have purple, white, yellow, blue, or pink blossoms.
- Butterflies prefer flowers with short nectar tubes and wide, flat rims.
- Provide plants for caterpillars (see chart). Don't apply pesticides to larval host plants.
- Damp sand placed in a shallow tray will provide a watering hole where butterflies can come to drink.
- A pan filled with mashed fruit can be a highly successful attractant (bananas and pears work well).

Hummingbirds

- Select flowers with long nectar tubes which bloom red, orange, or yellow.
- A sprinkler, which sprays mist of water, is very attractive to hummingbirds. They often enjoy flying through the mist.
- Artificial hummingbird feeders are an excellent way to increase the garden's attractiveness. Place feeders in an area where they are easy to observe.

Hummingbird Feeders

A mixture of four parts water to one part sugar is all that is needed as a nectar substitute in feeders. Water doesn't need to be boiled as long as it is hot enough for the sugar to dissolve. Store sugar water in the refrigerator for no longer than 10 days.

Honey should not be used. Honey solutions rapidly spoil and develop fungi and possible toxins.

Avoid red food coloring; it is unnecessary and is harmful to the birds.

Remember these solutions may attract bees and other insects. Avoid using insect sprays/repellents on or near feeders.

Clean feeders at least once every three days using a mild solution of white vinegar and hot water. DO NOT USE SOAP.



Official Website

Friends of Land Between
the Lakes Facebook

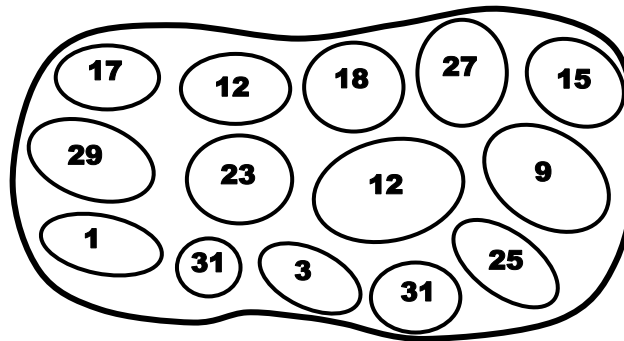


Garden Examples

These numbers correspond to the Native Plant chart inside this brochure.

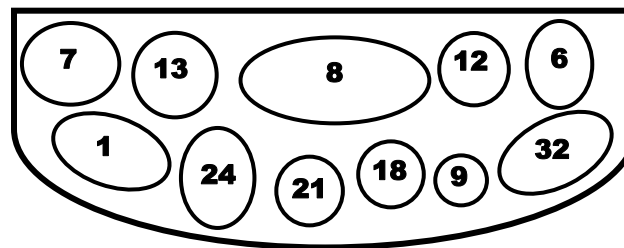
Full Sun Garden

This area should receive more than 6 hours of sun per day. This spot might be in your front or backyard.



Partial Sun Garden

This area usually receives less than 6 hours of sun per day. This garden could be placed on the side of your house or garage.



USDA Forest Service

Land Between the Lakes

National Recreation Area
800.525.7077 or 270.924.2000
www.landbetweenthe lakes.us

Updated May 2019

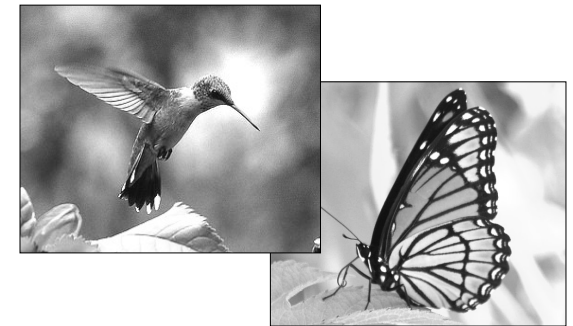
Native Plant Gardening for Hummingbirds & Butterflies

USDA Forest Service

Land Between the Lakes

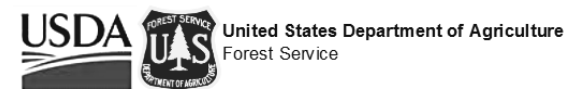
National Recreation Area

Western Kentucky and Tennessee



Hummingbirds and butterflies need nectar-producing flowers, an important food source for survival. By altering habitats where wildflowers and wildlife live, humans have decreased diversity of plants and animals.

We can create mini-habitats by establishing gardens in our backyards, house borders, window boxes, and other areas. Native plant gardens can provide fun and rewarding areas for observation and study.



USDA is an equal opportunity employer, lender, and provider.

Native Plant Gardening for Hummingbirds & Butterflies

Land Between the Lakes National Recreation Area



Native Plants that Attract Hummingbirds and Butterflies



Native plants are flowers, trees, shrubs, and vines in the wild in a particular geographical region. You should plant native plants because they:

- Occur naturally without human involvement
- Well-adapted to climate patterns of region
- Require minimal maintenance and watering
- Require less pesticide since they attract insects and small predators that prey upon pests
- Self-seeding biennial or perennial plants
- Aesthetically pleasing
- Preferred by hummingbirds, butterflies, and other animals

To find lists of plants native to your area and potential nurseries, check with your state and local parks, native plant societies, botanical gardens, and extension offices.

Once you find a nursery with native plants, ask for nursery-grown plants. Do not dig or buy plants that have been dug from other properties and then sold by the nursery, as most of these plants do not survive. Taking plants from private or public lands may be illegal, and the wild population can be severely depleted.

The chart includes plants that are native to the Mid-Atlantic, Southeastern, and Midwestern states.

For more information on native plants, visit www.plants.usda.gov.

For questions about native plants, hummingbirds, and butterflies, contact Woodlands Nature Station at 270.924.2299.

Common Name	Scientific Name	Hummingbird	Butterfly	Butterfly Larva	Height
1. Wild Columbine	Aquilegia Canadensis	X	X	Columbine Duskywing	1-2'
2. Swamp Milkweed	Asclepias incarnate	X	X	Monarch	3-5'
3. Butterfly Milkweed	Asclepias tuberosa		X	Monarch	1-3'
4. Pawpaw	Asimina triloba		X	Zebra Swallowtail	Shrub
5. Crossvine	Bignonia capreolata	X			Vine
6. New Jersey Tea	Ceanothus americanus		X	Banded Hairstreak	Shrub
7. Virgin's Bower	Clematis virginiana		X	Spring Azure	Vine
8. Lanceleaf Coreopsis	Coreopsis lanceolata		X		1-3'
9. Purple Coneflower	Echinacea purpurea		X		3-4'
10. Rattlesnake Master	Eryngium yuccifolium		X		3-4'
11. Joe-pye Weed	Eutrochium maculatum		X		4-8'
12. Ox-eyed Sunflower	Heliopsis helianthoides		X		3-4'
13. Swamp Rose Mallow	Hibiscus moscheutos	X	X		4-6'
14. Jewelweed	Impatiens capensis	X			2-5'
15. Blazing Star	Liatris spp.		X		2-6'
16. Spicebush	Lindera benzoin		X	Spicebush Swallowtail	Shrub
17. Cardinal Flower	Lobelia cardinalis	X			3-4'
18. Wild Lupine	Lupinus perennis		X		2'
19. Wild Bergamot	Monarda fistulosa	X	X		3-5'
20. Passionflower	Passiflora incarnata	X	X	Gulf Fritillary	Vine
21. Beardtongue	Penstemon digitalis	X			3-4'
22. Phlox	Phlox spp.	X	X		2-4'
23. Obedient Plant	Physostegia virginiana	X	X		3-4'
24. Orange Coneflower	Rudbeckia fulgida		X		3-4'
25. Black-eyed Susan	Rudbeckia hirta		X	Silvery Checkerspot	3-4'
26. Gray Goldenrod	Solidago nemoralis		X		2-3'
27. New England Aster	Symphotrichum novae-anglea	X		Pearl Crescent	4-5'
28. Blue Vervain	Verbena spp.		X	Common Buckeye	2-4'
29. Ironweed	Vernonia spp.		X	American Lady	4-6'
30. Culver's Root	Veronicastrum virginicum	X	X		4-6'
31. Common Blue Violet	Viola sororia		X	Great Spangled Fritillary	6"
32. Golden Alexanders	Zizia aurea		X	Black Swallowtail	1-3'