

## 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 a 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.

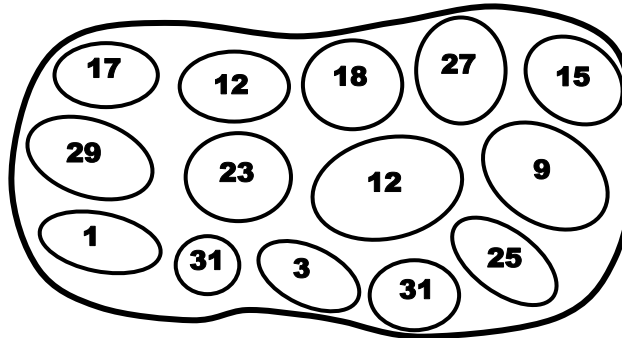
- Honey should not be used. Honey solutions rapidly spoil and develop fungi and possible toxins.
- Avoid red food coloring; it is unnecessary and is harmful to the birds.
- Remember these solutions may attract bees and other insects. Avoid using insect sprays/repellents on or near feeders.
- Clean feeders at least once every three days using a mild solution of white vinegar and hot water. **DO NOT USE SOAP.**

## Garden Examples

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

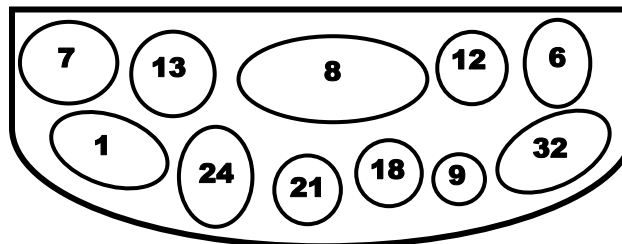
### Full Sun Garden

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

General Information: 1.800.525.7077 or 270.924.2000

Website: [www.landbetweenthe lakes.us](http://www.landbetweenthe lakes.us)

Facebook: @LBLNatlRecArea

EMERGENCY or reporting: 911 or 1.877.861.2457

### Woodlands Nature Station

3146 Silver Trail Road | Cadiz, KY | 42211

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# Native Plant Gardening for Hummingbirds & Butterflies

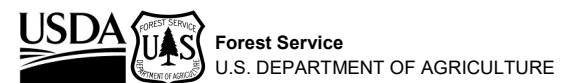
## LAND BETWEEN THE LAKES National Recreation Area

KENTUCKY | TENNESSEE



Hummingbirds and butterflies depend on nectar-producing native plants as important food sources for survival. By altering habitats where wildflowers and wildlife live, humans have decreased plant and animal diversity.

We can help these and other pollinators by creating mini-habitats in own backyards: gardens, house borders, window boxes, and other areas. Native plant gardens can also provide fun and rewarding areas for observation and study.



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# Native Plant Gardening for Hummingbirds & Butterflies

## LAND BETWEEN THE LAKES *National Recreation Area*



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

- Occur naturally without human involvement
- Are well-adapted to climate patterns of region
- Require minimal maintenance and watering
- Require less pesticides since they attract insects and small predators that prey upon pests
- Are self-seeding biennial or perennial plants
- Are aesthetically pleasing
- Are 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.

**For questions about native plants, butterflies, or hummingbirds, contact the Woodlands Nature Station at 270.924.2299 or follow their Facebook page: @WoodlandsNatureStation**



### Native Plants that Attract Hummingbirds & Butterflies

Includes plants that are native to the Mid-Atlantic, Southeastern, & Midwestern United States.



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	Symphyotrichum novae-angilea	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'