

## Deer-Resistant Butterfly Plants

This list of butterfly nectar and host plants, currently fairly general, has been gathered from several sources: books, web sites, and the experiences of some club members. It is important to keep in mind that there are probably no plants that are 100% deer-proof. Deer near starvation due to overpopulation or a severe winter will eat even toxic plants. Nevertheless, choosing less-palatable plants can help you to curb their destructive effects on your garden.

Try surrounding and interplanting your garden with plants deer strongly dislike, particularly plants with strong odors like mints and herbs. Creating a barrier in this way can act as enough as a deterrent that the deer may not notice some of the tastier plants scattered among the herbs.

Try creating sunken or raised beds; reportedly, deer don't like going up or down steep grades unless it's absolutely essential.

Another strategy is to try deliberately planting a field of some of the deer's favorite plants some distance away from your main garden. The deer may not move on to your garden if they find what they are looking for elsewhere; on the other hand, this could also serve to entice deer closer to your garden.

Deers' favorite plants can vary widely depending on habitat and area of the country, so some experimentation is essential. As we receive feedback from metro-area butterfly gardeners, we hope to revise and improve this list to include the most dependable deer-resistant plants for the D.C. area.

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## Nectar Plants

### Common Name

### Latin Name

Abelia bush

*Abelia x grandiflora*

Angelica species

esp. *Angelica gigas*

Beebalm, Bergamot, Oswego tea

*Monarda didyma*

|  |   |
|--|---|
| Black-eyed Susan   | <i>Rudbeckia fulgida</i>  |
| Blanket Flower   | <i>Gaillardia</i> species                                       |
| Boltonia   | <i>Boltonia asteroides</i>                                      |
| Butterfly Bush   | <i>Buddleia davidii</i>   |
| Butterfly Weed<br><i>NOTE: May not be as resistant as other Milkweeds.</i> | <i>Asclepias tuberosa</i>                                       |
| Candytuft  | <i>Iberis</i>   |
| Caryopteris, Blue Mist shrub   | <i>Caryopteris x clandonensis</i>                               |
| Catmint  | <i>Nepeta mussini</i>   |
| Catnip   | <i>Nepeta cataria</i>   |
| Chives   | <i>Allium schoenoprasum</i>                                     |
| Dianthus, Carnations, Pinks  | <i>Dianthus</i> species, esp. Sweet William, <i>D. barbatus</i> |
| Dogbane, Indian Hemp   | <i>Apocynum cannabinum</i>                                      |
| Floss flower   | <i>Ageratum houstonianum</i>                                    |
| Forget-Me-Nots   | <i>Myosotis</i>   |
| Gayfeather, Blazing Star   | <i>Liatris</i> species  |
| Goldenrod  | <i>Solidago</i> species   |
| Heliotrope, Cherry Pie   | <i>Heliotropium</i>   |
| Joe-Pye Weed   | <i>Eupatorium fistulosum</i> ,<br><i>purpurea</i>               |
| Lantana, Shrub Verbena (poisonous)   | <i>Lantana camara</i>   |
| Lavender (repels deer)   | <i>Lavandula</i> species; esp. <i>L. x intermedia</i> 'Grosso'  |

|  |   |
|--|---|
| Marigolds  | <i>Tagetes</i> ; esp. single-flowered varieties like Signet Group |
| Milkweeds  | <i>Asclepias</i> species  |
| Oregano, Marjoram  | <i>Origanum</i>   |
| Pennyroyal Mint (repels deer)  | <i>Mentha pulegium</i>  |
| Purple Coneflower<br><i>Note: one club member has reported some problems with deer eating Purple Coneflower.</i> | <i>Echinacea purpurea</i>   |
| Queen of the Prairie   | <i>Filipendula rubra</i>  |
| Rosemary   | <i>Rosmarinus officinalis</i>                                     |
| Speedwell, Veronica  | <i>Veronica</i>   |
| Sweet Alyssum  | <i>Lobularia maritima</i>   |
| Tansy  | <i>Tanacetum</i> species  |
| Tickseed   | <i>Coreopsis</i> species  |
| Tiger Lily   | <i>Lilium lancifolium</i>   |
| Verbena, Vervain   | <i>Verbena</i> species, such as <i>Verbena bonariensis</i>        |
| Yarrow   | <i>Achillea</i> species   |
| Zinnias  | <i>Zinnia</i> species   |

## Host Plants

| <b>Plants</b>                | <b>Butterfly Species Which Use Plant</b> |
|------------------------------|--|
| Bugbane<br><i>Cimicifuga</i> | Appalachian Azure                        |

Dogwood  
*Cornus* species

Spring Azure

Eastern Red Cedar  
*Juniperus virginianum*

Olive (Juniper) Hairstreak

Hollyhocks  
*Alcea rosea*

Checkered Skipper, Painted  
Lady

False Indigo  
*Baptisia* species

Indigo Duskywing

Labrador Violet  
*Viola labradorica*

Fritillaries

Locust tree  
*Robinia*

Silver-Spotted Skipper

Milkweeds  
*Asclepias* species

Monarch

Parsley  
*Petroselinum crispum*

Black Swallowtail

Rue  
*Ruta graveolens*

Black Swallowtail

Sassafras  
*Sassafras albidum*

Spicebush Swallowtail

Spicebush  
*Lindera benzoin*

Spicebush Swallowtail

Thistles  
*Cirsium* species

Painted Lady

Turtlehead  
*Chelone glabra*

Baltimore Checkerspot

*Viburnums*

Spring Azure, Henry's Elfin

Willows  
*Salix* species

Dreamy Duskywing, Striped  
Hairstreak, Mourning Cloak,

### Main Resources Consulted

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