



BOUND BY BEAUTY

# FIELD GUIDE TO WILD PLANTS THAT HOST BUTTERFLIES

## Plants Native to South Florida



### BEGGAR TICKS or SPANISH NEEDLES

*Bidens alba var. radiata*

Look for my daisy-like florets.  
If you come close, I will gift you  
with my seeds.

**FAMILY:** Asteraceae

**HOSTS:** Dainty Sulphur butterfly



### WATER HYSSOP or HERB OF GRACE or BRAHMIN or INDIAN PENNYWORT

*Bacopa monnieri*

You will find my little purple flowers and  
plump leaves where the earth is damp.

**FAMILY:** Scrophulariaceae

**HOSTS:** White Peacock butterfly



### COMMON BLUE VIOLET

*Viola sororia*

Look for my little white or purple flowers,  
hidden under my heart-shaped leaves,  
that bloom in the winter and spring.

**FAMILY:** Violaceae

**HOSTS:** Variegated Fritillary butterfly



### WIREWEEED or IRONWEEED or TEAWEEED

*Sida ulmifolia*

Look for my serrated leaves and bright  
yellow flowers that bloom all year.

**FAMILY:** Malvaceae

**HOSTS:** Gray Hairstreak, Mallow Scrub  
Hairstreak, Tropical Checkered Skipper,  
Common Skipper butterflies



### CORKYSTEM PASSIONVINE

*Passiflora suberosa*

My flowers are easy to miss, so look  
for my purple and green fruit and little  
tendrils that cling to other plants.

**FAMILY:** Passifloraceae

**HOSTS:** Zebra Heliconian,  
Gulf Fritillary, Julia Heliconian,  
Variegated Fritillary butterflies

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Illustrations by Kim Heise. Design by Melanie Oliva.



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### FLORIDA PELLITORY

*Parietaria floridana*

I appear with the cool weather and disappear when it gets warm. If you hold my stem up you can see the light through it.

**FAMILY:** Urticaceae

**HOSTS:** Red Admiral butterfly



### CHEESY TOES or PENCIL FLOWER

*Stylosanthes hamata*

My pretty little yellow flowers bloom all year above leaflets that come in threes.

**FAMILY:** Fabaceae

**HOSTS:** Barred Yellow butterfly



### FROGFRUIT or TURKEY TANGLE or FOGFRUIT or MATCHWEED

*Phyla nodiflora*

Little purple inflorescences rise above my serrated leaves, looking like little spaceships.

**FAMILY:** Verbenaceae

**HOSTS:** Phaon Crescent, Common Buckeye, White Peacock, Gray Hairstreak, Tropical Checkered Skipper butterflies



### VIRGINIA PEPPERWEED or POORMAN'S PEPPER or COMMON PEPPERWEED

*Lepidium virginicum*

Look for my delicate bottle brush flowers waving in the breeze with leaves that fan out from my base.

**FAMILY:** Brassicaceae

**HOSTS:** Great Southern White, Checkered White, Cabbage White butterflies

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**SENSITIVE PARTRIDGE PEA**  
*Chamaecrista nictitans*

I have slender yellow-green leaves and yellow flowers that bloom from spring to fall.

**FAMILY:** Fabaceae  
**HOSTS:** Gray Hairstreak, Cloudless Sulphur, Sleepy Orange, Ceraunus Blue butterflies



**SPURRED BUTTERFLY PEA**  
*Centrosema virginianum*

I am a twining vine with violet flowers and leaflets that vary from narrow to oval.

**FAMILY:** Fabaceae  
**HOSTS:** Long-tailed Skipper, Northern Cloudywing butterflies



**HAIRY COWPEA**  
*Vigna luteola*

I am a vine with golden flowers, wide three-part leaves, and clusters of seed pods.

**FAMILY:** Fabaceae  
**HOSTS:** Cassius Blue, Long-tailed Skipper, Gray Hairstreak, Ceraunus Blue, Dorantes Long-tailed Skipper butterflies



**DOWNY MILKPEA**  
*Galactia volubilis*

I am a small twining vine with flowers that bloom all year, fading from bright pink to blue.

**FAMILY:** Fabaceae  
**HOSTS:** Zarucco Duskywing, Long-tailed Skipper, Gray Hairstreak, Cassius Blue, Ceraunus Blue butterflies

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### PURPLE THISTLE

*Cirsium horridulum*

I may be spiky but my purple flowers that bloom in spring and summer attract many pollinators.

**FAMILY:** Asteraceae

**HOSTS:** Painted Lady, Little Metalmark butterflies



### THIN PASPALUM GRASS

*Paspalum setaceum*

I am a grass with gray-green leaves tipped in scarlet that flowers from July-September.

**FAMILY:** Poaceae

**HOSTS:** Clouded Skipper, Three-spotted Skipper butterflies



### ST. AUGUSTINE GRASS

*Stenotaphrum secundatum*

When you don't mow me I produce flowers and seeds from July-October.

**FAMILY:** Poaceae

**HOSTS:** Sachem, Whirlabout, Carolina Satyr, Clouded Skipper, Eufala Skipper, Southern Broken-Dash, Fiery Skipper butterflies.



### SICKLEPOD or COFFEEWEED

*Senna obtusifolia*

I have ridged stems and yellow flowers that bloom late summer to fall, then turn into curved seed pods.

**FAMILY:** Fabaceae

**HOSTS:** Cloudless Sulphur, Sleepy Orange butterflies

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