

# Food plants for butterflies

## Nettles

Comma  
Red Admiral  
Small Tortoiseshell  
Peacock

## Grasses

Essex Skipper  
Small Skipper  
Silver-spotted Skipper  
Large Skipper  
Marbled White  
Grayling  
Meadow Brown  
Gatekeeper  
Small Heath  
Ringlet  
Speckled Wood  
Wall Brown  
Mountain Ringlet  
Scotch Argus

## Tor-Grass

Lulworth Skipper

## Bird's Foot Trefoil

Clouded Yellow  
Wood White (& Vetchling)  
Common Blue (Black  
Medick & Clover)  
Dingy Skipper  
Green Hairstreak  
Silver-studded Blue

## Horseshoe Vetch

Chalkhill Blue  
Adonis Blue  
Dingy Skipper  
Silver-studded Blue

## Kidney Vetch

Small Blue

## Crucifers (Garlic Mustard, Honesty, Lady's Smock etc)

Orange Tip  
Green-veined White

## Buckthorn (Alder or Purging)

Brimstone

## Honeysuckle

White Admiral

## Violets

Pearl-bordered Fritillary  
Small Pearl-bordered Fritillary  
High Brown Fritillary  
Dark green Fritillary  
Silver-washed Fritillary

## Thistles & Burdock

Painted Lady

## Cow Wheat, Foxglove & Plantain

Heath Fritillary

## Devil's Bit Scabious

Marsh Fritillary

## Sallow

Purple Emperor

## Oak

Purple Hairstreak

## Elm English or Wych

White-letter Hairstreak

## Sloe (Blackthorn)

Brown or Black Hairstreaks

## Sorrel or Dock

Small Copper

## Wild Thyme

Small Blue, Large Blue

## Holly & Ivy

Holly Blue

## Cowslip & Primrose

Duke of Burgundy

## Gorse & Broom

Silver-studded Blue  
Green Hairstreak

## Common Rock Rose & Storks Bill

Brown Argus  
Green Hairstreak  
Silver-studded Blue

## Agrimony/ Creeping Cinquefoil/ Wild Strawberry

Grizzled Skipper

## Milk Parsley

Swallowtail

## Nasturtium/Cabbage-all Brassica's

Large White  
Small White  
Green-veined White

## Heather

Silver-studded Blue

Butterfly Conservation is the only UK charity taking action to save butterflies, moths and their habitats.

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