



Recreative Natives

**Recreative Natives**

125 Valley View Rd.  
Cropwell, AL 35054  
205-966-7350

[www.recreativenatives.com](http://www.recreativenatives.com)  
[recreativenatives@gmail.com](mailto:recreativenatives@gmail.com)

Follow Us On:



**Adult pollinators are attracted to all types of flowering plants. But to support pollinators through their entire life cycles you must plant host plants.  
Host plants are plant species that can feed their young, caterpillars.**

Plant Species	Plant Common Name	Species Supported	Supports Bees	Seed/Berries for Birds and Mammals
Asclepias spp.	Milkweed	Monarch*, Queen, Milkweed Tussock moths, Dogbane Tiger Moth, Unexpected Cynia	✓	
Symphyotrichum spp.	Aster	Peral Crescent, Checkerspot, Painted Lady, Saddleback, Cucullia, Flower Moth	✓	✓
Baptisia Spp.	Wild Indigo	Wild Indigo Duskywing*, Clouded Sulphur, Orange Sulphur, Frosted Elfin, Eastern-tailed Blue, Hoary Edge Skipper	✓	
Callirhoe spp.	Poppy Mallow	Gray Hairstreak, Painted Lady	✓	
Cassia hebecarpa	Wild Senna	Cloudless Sulphur, Sleepy Orange, Orange-Barred Sulphur	✓	✓
Chelone spp.	Turtlehead	Baltimore Checkerspot	✓	
Dalea purpurea	Purple Prairie Clover	Southern Dogface, Reakirt's Blue	✓	✓
Helianthus spp.	Native Sunflowers	American Lady, Silvery Checkerspot, Gorgone Checkerspot, Painted lady	✓	✓
Hibiscus spp.	Rose Mallow (native Hibiscus)	Gray Hairstreak, Painted Lady, Silvery checkerspot	✓	
Rudbeckia spp.	Black-Eyed Susan	Gorgone Checkerspot, Silvery Checkerspot, Bordered Patch	✓	✓
Salvia azurea	Blue Sage	Sage Sphinx moth, Hermit Sphinx Moth	✓	
Verbena hastata	Blue Vervain	Common Buckeye	✓	✓
Vernonia spp.	Ironweeds	American Lady, Painted Lady, Ironweed Borer Moth*, Crossline Skipper	✓	✓
Viola spp.	Wild Violets	Variiegated Fritillary, Diana Fritillary, Great Spangled Fritillary, Meadow fritillary	✓	
Zizia aurea	Golden Alexander	Black Swallowtail	✓	✓
Desmodium spp.	Tick-trefoil	Gray Hairstreak, Eastern Tailed Blue, Silver Spotted Skipper, Hoary Edge, Southern Cloudywing, Northern Cloudywing, Long-tailed Skipper	✓	✓
Heliopsis helianthoides	Early Sunflower	Silvery Checkerspot, Painted Lady	✓	✓
Echinacea spp.	Coneflowers	Silvery Checkerspot, Ottoo Skipper	✓	✓
Urtica spp.	Nettles	Question Mark, Easern Comma, Red Admiral		
Antennaria spp.	Pussytoes	American Lady	✓	
Cirsium spp.	Thistles	Painted Lady, Swamp Metalmark	✓	✓
Ruellia spp.	Wild Petunia	Common Buckeye, White Peacock	✓	
Sedum ternatum	Woodland Stonecrop	Variiegated Fritillary		
Canna flaccida	Golden Canna but also non-native Canna	Brazilian Skipper (historic range in Southern Alabama but documented in Northern Alabama)		
Bidens spp.	Tickseed	Dainty Sulphur	✓	✓
Cardamine spp.	Bittercross, Rockcross, Toothwort	Falcate Orangetip, West Virginia White		
Rhexia mariana	Meadow Beauty	Gray Hairstreak	✓	
Verbesina alternifolia	Wingstem	Summer Azure	✓	
Helenium spp.	Sneezeweed	Summer Azure, Dainty Sulphur	✓	

Actaea racemosa	Black Cohosh	Appalachian Azure*	✓	
Boehmeria cylindrica	False Nettles	Eastern Comma, Red Admiral		
Phyla spp.	Frogfruit	White Peacock, Common Buckeye, Phaon Crescent	✓	
Aquilegia canadensis	Columbine	Columbine duskywing		
Eurybia spp.	Wood Asters	Silvery checkerspot	✓	✓
Oenothera spp.	Primrose	Primrose Moth, White-lined Sphinx	✓	✓
Tradescantia spp.	Spiderwort	Azalea Sphinx	✓	✓
Monarda spp.	Beebalm	Hermit Sphinx, Gray Marvel Moth, Pyralid Moth, Orange Mint Moth, Raspberry Pyrausta	✓	✓
Ageratina altissima	White Snakeroot	Clymene Moth, Dusky Groundling, Eyed Thyris	✓	✓
Silene Stellata	Starry Champion	Hadena Ectypa Moth, Capsule Moth	✓	
Silene spp.	Fire Pinks	Capsule Moth	✓	
Solidago spp.	Goldenrod	Brown-hooded Owlet, Camouflaged Looper, Common Pug, Striped Garden Caterpillar, Goldenrod Gall Moth*, Goldenrod Flower Caterpillar*, Baltimore Checkerspot, Silvery Checkerspot, Asteroid Moth, Wavy-lined Emerald Moth (122 species total)	✓	✓
Phlox spp.	Phlox	Phlox Moth	✓	
S	Cup Plant	Bird Droppin Moth, Eucosma bipunctella moth	✓	✓
Eupatorium spp.	Boneset or Joe Pye Weed	Spring Azure, Boneset Borer Moth, Three-lined Flower Moth, Lined Ruby Tiger Moth, Burdock Borer Moth, Red Groundling, Clymene, Way-lined Emerald, Red-humped Caterpillar (32 species)	✓	✓
Penstemon spp.	Beardtongue	Chalcedon Checkerspot, Edith's Checkerspot	✓	
Coreopsis spp.	Coreopsis	Wavy-lined Emerald, Silvery Checkerspot, Common Tan Wave Moth, Crescent	✓	✓
Anemone spp.	Anemone or Rue	Veiled Grass, One-lined Sparganothis Moths	✓	
Lobelia spp.	Lobelia or Cardinal Flower	Pink Washed Looper Moth, Greater Black-letter Dart, Red-banded Leafroller Moth	✓	
Allium spp.	Wild Onion or Leeks	Hairstreak, Flowerflies	✓	
Eryngium spp.	Rattlesnake Master including Aquatic Rattlesnake Master	Rattlesnake Master Borer Moth*	✓	✓
Agastache spp.	Hyssop	Radcliffe's Dagger Moth	✓	✓
Geranium maculatum	Wild Geranium	White Marked Tussock Moth, Leafmining Moth	✓	

### Shrubs

Plant Species	Plant Common Name	Species Supported	Supports Bees	Seed/Berries for Birds and Mammals
Ceanothus americanus	New Jersey Tea	Spring Azure, Summer Azure, Mottled Duskywing	✓	
Rosa spp.	Carolina Rose	Apple Sphinx moth	✓	✓
Spiraea tomentosa	Steeplebush	Columbia Silkmoth, Spring Azure, Summer Azure	✓	
Viburnum spp.	Native Viburnum	Spring Azure, Summer Azure, Hummingbird Clearwing, Azalea Sphinx	✓	✓
Lindera benzoin	Spicebush	Spicebush Swallowtail, Cynthia Moth, Eastern Tiger Swallowtail, Imperial Moth, Promethea Moth, Tulip Tree Beauty	✓	✓
Ilex opaca	American Holly	Henry's Elfin, American Holly Azure	✓	✓
Vaccinium spp.	Blueberries	Henry's Elfin, Spring Azure, Summer Azure, Brown Elfin's, Red-spotted Purple, Azalea Sphinx, Pawpaw Sphinx, Huckleberry Sphinx	✓	✓

Amorpha fruticosa	Flase Indigo/Indigo Bush	Silver Spotted Skipper, Southern Dogface, Black Spotted Prominents, Gray Hairstreak, Hoary Edge	✓	
Yucca ssp.	Yucca	Yucca Giant-Skipper, Yucca Moth	✓	
Phoradendron leucarpum	American Mistletoe	Great Purple Hairstreak		✓
Rhus spp.	Sumac	Red-banded Hairstreak, Hickory Horned Devil, Luna Moth	✓	✓
Ilex vomitoria	Yaupon Holly	Henry's Elfin, American Holly Azure	✓	✓
Frangula caroliniana	Carolina Buckthorn	Henry's Elfin	✓	✓
Kalmia latifolia	Mountain Laurel	Brown Elfin's, Laurel Sphinx Moth	✓	
Rhododendron viscosum	Swamp Azalea	Striped Hairstreak	✓	
Vaccinium arboreum	Sparkleberry	Striped Hairstreak, Summer Azure	✓	✓
Aralia spinosa	Devil's Walking Stick	Summer Azure	✓	✓
Croton alabamensis	Alabama Croton	Goatweed Leafwing	✓	
Aronia melanocarpa	Black Chokeberry	Coral hairstreak, Large Lace-border Moth, Hessel's Hairstreak, Precious Underwing Moth, Small-eyed Sphinx	✓	✓
Diervilla sessilifolia	Southern Bush Honeysuckle	Snowberry Clearwing Moth	✓	✓
Itea Virginica	Sweetspire	American Holly Azure	✓	✓
Callicarpa americana	American Beauty Berry	Spring Azure, Snowberry Clearwing	✓	✓
Aesculus spp.	Buckeye	Four-spotted Angle Moth, Buckeye Pinion, Imperial Moth, Polyphemus Moth	✓	
Hydrangea spp.	Smooth Hydrangea and Oakleaf Hydrangea	Hydrangea Sphinx	✓	
Cephalanthus occidentalis	Buttonbush	Titan Sphinx, Hydrangea Sphinx, Royal Walnut Moth, Promethea, Beautiful Wood Nymph, Definite Tussock Moth	✓	✓
Hamamelis virginiana	Witchhazel	Large Lace Borer, Definite Tussock, Funerary Dagger, Yellow Necked Caterpillar Moth, Stripped Hairstreak, Witchhazel Dagger Moth, Saddleback Looper	✓	

### Annuals

Plant Species	Plant Common Name	Species Supported	Supports Bees	Seed/Berries for Birds and Mammals
Chamaecrista fasciculata	Partridge Pea	Little Yellow, Sleepy Orange, Clouded Sulphur, Orange Sulphur, Cloudless Sulphur, Gray Hairstreak	✓	✓
Chamaecrista nictitans	Sensitive Plant	Little Yellow, Cloudless Sulphur	✓	
Grasses and Sedges				
Andropogon gerardii	Big Bluestem	Delaware Skipper, Dusted Skipper, Common Wood Nymph, Cobweb Skipper		
Panicum virgatum	Switch Grass	Delaware Skipper; Dotted Skipper		
Schizachyrium scoparium	Little Bluestem	Ottoo Skipper, Indian Skipper, Crossline Skipper, Dusted Skipper, Dixie Skipper; Cobweb Butterfly, Common Wood Nymph, Tawny-edged Skipper, Twin-spot Skipper, Swarthy Skippers		
Carex spp.	Carex	Appalachian Brown, Berry's Skipper, Dion Skipper, Dukes' Skipper, Dun Skipper, Mitchell's Satyr		
Tridens flavus	Purpletop Grass	Common wood Nymph, Little Glassywing, Crossline Skippers, Clouded Skipper		
Eragrostis spectabilis	Purple Love Grass	Little Glassywing, Zabulon Skipper		
Sorghastrum spp.	Indian Grass	Pepper and Salt Skipper, Clouded Skipper		
Chasmanthium latifolium	River Oats	Pepper and Salt Skipper, Common Roadside- Skipper, Bell's Roadside Skipper, Clouded Skipper, Northern Pearly-Eye		

### Vines

Plant Species	Plant Common Name	Species Supported	Supports Bees	Seed/Berries for Birds and Mammals
Aristolochia spp	Pipevine	Pipevine Swallowtail		
Passiflora spp.	Passionvine	Crimson-patched Longwing, Gulf Fritillary, Julia, Plebeian Sphinx, Variegated Fritillary, Zebra Longwing, Brush-footed Butterflies	✓	✓
Clitoria mariana	Butterfly Pea	Southern Cloudywing, Northern Cloudywing	✓	✓
Apios americana	American Groundnut	Northern Cloudywing	✓	
Centrosema virginianum	Spurred Butterfly Pea	Long-tailed Skipper	✓	✓
Wisteria frutescens	American Wisteria	Long-tailed Skipper, Silver-spotted Skipper, Zarucco Duskywing	✓	
Parthenocissus quinquefolia	Virginia Creeper	Virginia Creeper Sphinx Moth, Achemon Sphinx Moth, Grapeleaf Skeletonizer, Nessus Sphinx, Lettered Sphinx		✓
Lonicera sempervirens	Native honeysuckle	Snowberry Clearwing Moth, Laurel Sphinx	✓	✓

### Trees

Plant Species	Plant Common Name	Species Supported	Supports Bees	Seed/Berries for Birds and Mammals
Salix spp.	Willow	Io moth, Polyphemus moths, Mourning Cloak, Viceroy, Red Spotted Purple, Dreamy Duskywing, Modest Sphinx, Huckleberry Sphinx, Blinded Sphinx, Small-eyed Sphinx		
Asimina spp.	Pawpaw	Zebra swallowtail*, Pawpaw Sphinx		✓
Liriodendron tulipifera	Tulip Poplar	Eastern Tiger Swallowtail, Luna Moth	✓	
Prunus spp.	Native Cherry and Plum species	Eastern Tiger Swallowtail, Spring Azure, Red Spotted Purple, Appalachian Tiger Swallowtail, Coral Hairstreak, Striped Hairstreak, Red-spotted Purple, Walnut Sphinx Moth, Elm Sphinx, Huckleberry Sphinx, Blinded Sphinx, Small-eyed Sphinx	✓	✓
Fraxinus spp.	Ash	Eastern Tiger Swallowtail, Waved Sphinx, Ash Sphinx, Laurel Sphinx		
Sassafras albidum	Sassafras	Spicebush Swallowtail, Palamedes Swallowtail, Eastern tiger swallowtail		
Cercis canadensis	Red Bud	Henry's elfin	✓	
Cornus spp.	Dogwood	Spring Azure, Harvester, Summer Azure	✓	✓
Celtis spp.	Hackberry	Question Mark, Mourning Cloak, Tawny Emperor*, American Snout, Hackberry Emperor*, Eastern Comma		✓
Ulmus spp.	Elm	Question Mark, Eastern Comma, Mourning Cloak, Zephyr Anglewing, Elm Sphinx, Ash Sphinx		
Amelanchier spp.	Serviceberry	Red Spotted Purple, Small-eyed Sphinx	✓	✓
Betula spp.	Birch	Red Spotted Purple, Luna Moth, Walnut Spinx Moth, Elm Sphinx		
Crataegus spp.	Hawthorn	Red Spotted Purple, Striped Hairstreak, Waved Sphinx, Blinded Sphinx	✓	✓
Malus Spp.	Crabapple	Red Spotted Purple	✓	✓
Quercus spp.	Oak	Juvenal's Duskywing, Sleepy Duskywing, Banded Hairstreak, Black-waved Flannel Moth, Blinded Sphinx, California Hairstreak, Golden Hairstreak, Gold-hunter's Hairstreak, Horace's Duskywing, Imperial Moth, Io Moth, Juvenal's Duskywing, Mournful Duskywing, Oak Hairstreak, Polyphemus Moth, Propertius Duskywing, Red-banded Hairstreak, Rosy Maple Moth, Stinging Rose Caterpillar Moth, Striped Hairstreak, Waved Sphinx, White M Hairstreak, and many more.		✓
Zanthoxylum clava-herculis	Toothache Tree and many non-native citrus	Giant Swallowtail		

Magnolia virginiana	Sweetbay Magnolia	Eastern Tiger Swallowtail	✓	
Fagus grandifolia	Beech	Harvesters, Early Hairstreak		
Juniperus virginiana	Eastern Red Cedar	Juniper Hairstreak*		✓
Pinus spp.	Pine	Eastern Pine Elfin, Southern Pine Sphinx		
Carya spp.	Hickory	Banded Hairstreak, Hickory Horned Devil, Luna Moth, Walnut Sphinx Moth		✓
Populus deltoides	Eastern Cottonwood	Red-spotted Purple		