



Caterpillar Food Plants

Grub's up! The caterpillar Munch Box menu

Your garden is a really important place for butterflies, moths and their caterpillars.

Even if your garden is small, there could be over 100 different types of moth and 18 different butterflies coming to visit! That means lots of hungry caterpillars. Caterpillars can be very fussy eaters, so a garden with lots of different types of plants, shrubs and trees will be best for them.

Take a look at our **Caterpillar Munch Menu** and see how many you have in your garden. Perhaps there is room for a few more?



Nasturtiums

Green-veined White, Small White and Large White butterflies love to munch on **Nasturtiums**. Plant them anywhere – in patio planters or maybe in amongst the veggie patch. They produce lovely bright flowers.



Nettles

Be nice to **nettles**! We should always be careful near nettles to avoid being **stung** but they really are brilliant for butterflies. The caterpillars of the **Peacock**, **Red Admiral**, **Small Tortoiseshell** and **Comma** feed on them. Many moth species love nettles too. A patch of nettles in a nice sunny spot will certainly keep your caterpillars happy.



Garlic Mustard

Caterpillars of the **Green-veined White** and **Orange-tip** butterflies feed on **Garlic Mustard**, which grows in damp shady places. Female **Orange-tip** butterflies tend to lay just **one egg per plant** as the caterpillars have a horrible habit of eating each other!

Fruit trees such as cherry, apple and plum are brilliant for lots of different types of moth caterpillars.

More food overleaf



Butterfly Conservation:
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Tel: 01929 400 209
Charity registered in England & Wales (254937) and in Scotland (SCO39268)
www.munchingcaterpillars.org



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Caterpillar Food Plants



Lady's Smock

Caterpillars of the **Orange-tip** like to munch on this pretty wildflower, which is sometimes called **Cuckooflower**. It flowers from April to June and likes damp places.



Common Bird's-foot-trefoil

Caterpillars of the **Common Blue** butterfly and the **Six-spot Burnet** moth feed on **Common Bird's-foot-trefoil**. The bright yellow flowers appear around June and this plant loves to be in a **sunny spot**. Help them grow by keeping them clear of grass and weeds.



Buckthorn

Caterpillars of the **Brimstone** butterfly feed on **Buckthorn**. Buckthorn blossom is also a great source of **nectar** for other insects such as bees, and the berries provide food for birds in the autumn.



Fuchsias

Caterpillars of the **Elephant Hawk-moth** love munching on **Rosebay Willowherb**, but they will also eat **Fuchsias**, which might be a better option for your garden. The caterpillars of the **Elephant Hawk-moth** are grey and wrinkled, just like the trunk of an elephant!



Thistles

Thistles are munched by caterpillars of the **Painted Lady** butterfly. The caterpillars build themselves silk tents to keep them safe from predators as they feed.



Common Comfrey

Caterpillars of the beautiful **Scarlet Tiger** moth feed on **Common Comfrey**. The plant has lovely pinky purple flowers and its leaves can be used for **slug control** and for fertiliser.



Get planting!

Don't forget to download our instructions for planting your own Munch Boxes and Fuel Stations.



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Your garden is a really important place for butterflies and moths. One of the reasons they visit your garden is to look for nectar – the sugary liquid produced by flowering plants. They need nectar to give them the energy they need to fly.

Some plants are especially good for nectar, so we have listed them here on our Butterfly Fuel Menu.

Plant your fuel in the sunny, sheltered spots in your garden – butterflies and day-flying moths like to be nice and warm!

Why not try planting some and making your garden a butterfly and moth fuel station.

Lavender loves to be in a sunny, sheltered position and by cutting it back after it has finished flowering you will get lots of new bushy growth for next summer's moths and butterflies.

Lavender



Honeysuckle



Verbena has beautiful purple flowers on top of tall delicate stems. This is a great plant for providing nectar from summer through to autumn.

Verbena



Butterfly and Moth Nectar Plants

Honeysuckle

Moths, in particular, will love honeysuckle as it releases its lovely smell at night.

Catmint is easy to grow and has lovely blue flowers from early summer. It likes to grow in full sun or slightly shady areas. This plant may attract some feline friends too!

Catmint



More fuel overleaf

Munching Caterpillars

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Butterfly and Moth Nectar Plants

Look after **your plants** and they will look after the **moths and butterflies!** Keep them well watered and **remove old dead flower heads to encourage new buds.**

Primroses are particularly good for providing **nectar** early in the spring and they also are eaten by the **caterpillars** of some moths.

Primrose



Thyme is great for providing **nectar** in **mid summer**. It smells lovely and can be used in cooking. Clipping it after it has flowered will keep the growth nice and dense.

Thyme



Oxeye Daisies are wonderfully bright and cheerful flowers. They need **full sunlight** and will flower from June to August.

Oxeye Daisies



The pretty blue flowers of **Forget-me-nots** will appear early in the spring. They will grow in **full sun** or partly shaded areas.

Forget-me-not



Marjoram is easy to grow and will flower from **July** all the way through the **summer**. It's a lovely herb for cooking with too.

Marjoram



Plant flowers that bloom at different times and there will be nectar available from early spring all the way through to autumn.

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