

## Shrubs

Abelia  
Butterfly bush  
Button bush  
Lilac  
Spicebush  
Sweet pepper bush  
Vitex

## Laval Plants

Butterfly weed  
Dill  
Fennel  
New England aster  
Parsley  
Pipevine  
Violets



*Contributions Welcome  
for  
Butterfly Garden  
Maintenance*

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## Interesting Butterfly Facts

- Butterflies need sun to warm their flight muscles. They are cold-blooded and may not fly at all on cloudy or cool days.
- Some butterflies ingest minerals from wet edges of mud puddles. Other butterflies never feed on nectar; instead they feed only on rotted fruit, sap or dung.
- Many butterflies have brightly colored upper wing surfaces used to communicate with other butterflies. The lower side of the wings is dull for camouflage, to protect from predation by birds.
- Butterflies see more colors than humans because they see all the colors we do as well as ultra violet colors. They have ultra violet markings on their wings which helps them identify their own species when searching for a mate.
- Butterfly wings are covered in tiny scales. There are about 125,000 scales per square inch.
- Camouflage is a useful tool in other ways. Some larvae are disguised to look like leaves, while others mimic bird droppings.
- Butterfly life span varies from species to species. Most adult butterflies live only two to three weeks.

## The Meigs Point Butterfly Garden at Hammonasset Beach State Park

*and*

*What You  
Need to Know  
to Start Your Own  
Butterfly Garden*



An ongoing project  
of  
The Friends of Hammonasset

The Meigs Point Butterfly Garden was started in 2000. It is now maintained by volunteer members of The Friends of Hammonasset. The garden is surrounded by acres of native park habitat. Many butterflies live in the park, feeding off the naturally occurring wild flowers, weeds and grasses. To draw these butterflies and others, many plants are being tested in the garden, although the main criteria is adaptability to the dry, sandy conditions found at this site.

Butterflies are most abundant on warm sunny days. As spring turns to summer, more flowers bloom and the chances of seeing a greater variety of butterflies increases. Be sure to look for black swallowtail larvae on the parsley plants.

Monarch migration time in September is a garden highlight. Hundreds of monarchs fly by the garden daily, and many roost overnight in the mature pine and cedar trees near the garden. Three monarchs tagged here in 2002 were recovered at their winter home in Mexico, a journey of more than 2000 miles!

The Meigs Point Butterfly Garden serves as an educational tool for naturalists, students and teachers. It is a demonstration garden for homeowners, an inspiration for artists and photographers, and a great picnic spot. *Enjoy!*

## What You Need to Know to Start Your Own Butterfly Garden.

- Analyze your site. Start with a foundation of about six reliable nectar sources grouped in a sheltered sunny spot.
- Include larval plants for caterpillars, nectar plants for butterflies, and cover plants such as shrubs for protection.
- Supply nectar throughout the season by planting early-, mid- and late-season bloomers.
- Grow larger groups of the most favored annuals and perennials.
- Maintain diversity in height and color.
- Include native and “weedy” plants if possible.
- Learn to love caterpillars! To experienced butterfly gardeners, chewed leaves mean a successful garden.
- Never use insecticides or pesticides. Chemicals kill indiscriminately. Go organic!
- Keep a journal from year to year. Record changes to be made, interesting sightings or new plants to try.

## Great Nectar Plants for Butterflies

### Perennials

Anise hyssop  
Bee balm  
Black-eyed susan  
Butterfly weed  
Catnip  
Coreopsis  
Coneflower  
Daisy  
Globe thistle  
Goldenrod  
Hardy ageratum  
Joe pye weed  
Liatris  
Lavender  
New England aster  
Salvia  
Sedum  
Verian

### Annuals

Ageratum  
Lantana  
Marigold  
Salvia  
Snapdragon  
Sunflower  
Tithonia  
Verbena  
Zinnia