

Vancouver,
District of North Vancouver,
Richmond and Victoria:

You've got butterflies!

Here are the butterfly species in your area:



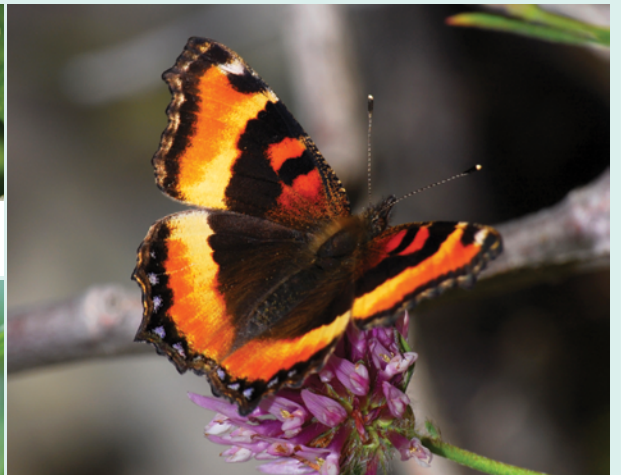
Cabbage White



Cedar Hairstreak



Lorquin's Admiral



Milbert's Tortoiseshell



Western Monarch



Mourning Cloak



Red Admiral



Sara Orangetip



Western Tiger Swallowtail



Painted Lady



Woodland Skipper

Native nectar plants

				
Canada Golden Rod <i>Solidago lepida</i>	Douglas Aster <i>Symphotrichum subspicatum</i>	Wild/Woodland Strawberry <i>Fragaria virginiana/F. vesicatum</i>	Kinnikinnick <i>Arctostaphylos uva-ursi</i>	Pearly Everlasting <i>Anaphalis margaritacea</i>
				
Western Yarrow <i>Achillea millefolium</i>	Woolly Sunflower <i>Eriophyllum lanatum</i>	Low Oregon Grape <i>Mahonia nervosa</i>	Common Camas <i>Camassia quamash</i>	Spring Gold <i>Lomatium utriculatum</i>
				
Sea Blush <i>Plectritis congesta</i>	Red Columbine <i>Aquilegia formosa</i>	Gumweed <i>Grindelia stricta</i>	Broad-leaved Stonecrop <i>Sedum spathulifolium</i>	Mock Orange <i>Philadelphus lewisii</i>

Native host plants

				
Pacific Bleeding Heart <i>Dicentra formosa</i>	Oceanspray <i>Holodiscus discolor</i>	Pacific Willow <i>Salix lucida (Pacifica)</i>	Chokecherry <i>Prunus virginiana</i>	Pacific Ninebark <i>Physocarpus capitatus</i>
				
Cottonwood <i>Populus trichocarpa</i>	Stinging Nettle (native) <i>Urtica dioica ssp gracilis</i>	Saskatoon Serviceberry <i>Amelanchier alnifolia</i>	Hardhack (Rose spirea) <i>Spiraea douglasii</i>	Showy Milkweed <i>Asclepias speciosa</i>

With special thanks to the committee for putting this list together:
Denis Knopp, Dennis St. John, Sally Hocking and Lynda Pasacreta


Cascades


**Nature's
Way**

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