Washington Butterfly Association  
wabutterflyassoc@earthlink.net  
www.naba.org/chapters/nabaws/  

Common Butterflies of the Puget Sound Region  
and Their Food Plants - By David Droppers

Western Tiger Swallowtail (*Papilio rutulus*).  
**Identification:** Large. Yellow with black tiger stripes.  
**Underside with some blue.**  
**Flight Period:** mid April – late September, peak in June.  
**Favorite Nectar Plants:** Mock Orange, Milkweeds, Thistles, large showy flowers.  
**Larval Host Plants:** Native Willows, Quaking Aspen and other poplars, Red Alder

Anise Swallowtail (*Papilio zelicaon*)  
**Identification:** Large. Mostly black, centrally yellow, with row of blue dots on hindwing.  
**Flight Period:** late March – late September, peaks in May, July-August.  
**Favorite Nectar Plants:** Many flowers, mostly large and showy.  
**Larval Host Plants:** Garden Parsley and Dill, Angelica, Cow Parsnip, many others.

Purplish Copper (*Lycaena helloides*)  
**Identification:** Top orange and brown, males with purplish sheen. Bottom tan with red zigzag.  
**Flight Period:** late April – mid October, peaks in May and August.  
**Favorite Nectar Plants:** Asters, Pearly Everlasting, Milkweeds, many composites.  
**Larval Host Plants:** Native and non-native docks and knotweeds.

Pine White (*Neophasia menapia*)  
**Identification:** White with black forewing patch, black veins below.  
**Flight Period:** late June – early October, peak in August.  
**Favorite Nectar Plants:** Goldenrod, Pearly Everlasting, Asters, Thistles.  
**Larval Host Plants:** Ponderosa Pine, Lodgepole Pine, Douglas-Fir, among other conifers.

Cabbage White (*Pieris rapae*)  
**Identification:** White, black wing tips and spots. Males have one spot, females two spots.  
**Flight Period:** early March – early November, peaks in May, July and September.  
**Favorite Nectar Plants:** Many, especially garden flowers, such as Oregano and Lavender.  
**Larval Host Plants:** Garden Brassicae, especially broccoli and cabbage.

Cedar Hairstreak (*Mitoura grynea*)  
**Identification:** Small. Varying brown above, below buff brown with violet tint, variable white postmedian line, small tails on hindwings.  
**Flight Period:** late March – early August, peaks in May-June.  
**Favorite Nectar Plants:** Goldenrods, Yarrow, Dandelion, Clovers, Red Flowering Currant.  
**Larval Host Plants:** Western Red Cedar, Incense Cedar

Echo (Spring) Azure (*Celastrina echo*)  
**Identification:** Small, males blue, females black and blue. Small gray crescents on ventral hindwing.  
**Flight Period:** late February – early October, peaks in April and August.  
**Favorite Nectar Plants:** Red Flowering Currant, Dandelions, Dogwood, early bloomers.  
**Larval Host Plants:** Red Oiser Dogwood, Salal, Ocean Spray
Brown Elfin: (Incisalia augustinus)  
**Identification:** Small, brown, base of ventral hindwing mostly black. Males with slight reddish sheen in sun. **Flight Period:** mid March – late July, peak in May. **Favorite Nectar Plants:** Many of the larval host plants, other early blooming flowers. **Laval Host Plants:** Kinnickinnick, Ocean Spray, Salal

Mourning Cloak (Nymphalis antiopa)  
**Identification:** Unmistakable. Warm plum/brown, yellow fringe with blue spots. **Flight Period:** mid February – mid October, peaks in April, June, September. **Favorite Nectar Plants:** Red Flowering Currant, Asters, rotting fruit, tree sap. **Laval Host Plants:** Native willows, Poplars

Mylitta Crescent (Phyciodes mylitta)  
**Identification:** Small, top mottled black and orange, bottom brown and cream. **Flight Period:** mid March – mid October, peaks in May and July-August. **Favorite Nectar Plants:** Thistles, other composite flowers. **Laval Host Plants:** Canada Thistles, other native thistles

Painted Lady (Vanessa cardui)  
**Identification:** 3 inches, mottled orange and black, with white forewing bar. Four eyespots below. **Flight Period:** early April – early November, peaks in May, July, September. **Favorite Nectar Plants:** Summer-blooming composite flowers  
**Laval Host Plants:** Thistles, Mallow, Pearly Everlasting

West Coast Lady (Vanessa annabella)  
**Identification:** Like the Painted Lady, but with squared wing tips, orange forewing bar and blue spots on hindwings. **Flight Period:** early March – mid November, peaks in May, August and October. **Favorite Nectar Plants:** Composites, Asters, Goldenrod, Dogbane. **Laval Host Plants:** Mallow, Nettles and Hollyhocks

Red Admirable (Vanessa atalanta)  
**Identification:** Brown base, broad red bands. Unmistakable in the Puget Sound region. **Flight Period:** late March – late October, peaks in July and September. **Favorite Nectar Plants:** Composite flowers, rotting fruit and tree sap. **Laval Host Plants:** Stinging Nettles

Lorquin’s Admiral (Limenitis lorquinii)  
**Identification:** Unmistakable. Large, black with white bands and orange wing tips. **Flight Period:** mid February – early October, peaks in June-August. **Favorite Nectar Plants:** Larger flowers or spikes of tiny flowers, although not always common at flowers. **Laval Host Plants:** Native Willows, Poplars, Ocean Spray

Woodland Skipper (Ochodes sylvanoides)  
**Identification:** Small, orange brown, yellow submarginal band “breaks.” **Flight Period:** mid June – early October, peak in August. **Favorite Nectar Plants:** Just about any flower that offers nectar. **Laval Host Plants:** Native and non-native grasses