

Adult Nectar Sources (Butterflies)

Plant Name	Plant Scientific Name	Nectar Source For	Qualification
Autumn Gentian	<i>Gentianella amarella</i>	Silver-spotted Skipper	
Bell Heather	<i>Erica cinerea</i>	Northern Brown Argus	
Bell Heather		Silver-studded Blue	
Betony	<i>Betonica officinalis</i>	Brimstone	
Betony		Green-veined White	
Betony		High Brown Fritillary	
Betony		Marsh Fritillary	
Betony		Peacock	
Betony		Small Skipper	
Betony		Small Tortoiseshell	
Betony		White Admiral	
Bilberry	<i>Vaccinium myrtillus</i>	Mountain Ringlet	
Bird's-foot-trefoils	<i>Lotus spp.</i>	Dingy Skipper	

Bird's-foot-trefoils		Grayling	
Bird's-foot-trefoils		Wood White	Both broods
Bitter-vetch	<i>Lathyrus linifolius</i>	Wood White	First brood
Blackthorn	<i>Prunus spinosa</i>	Peacock	Post-hibernation
Blackthorn		Red Admiral	Spring
Bluebell	<i>Hyacinthoides non-scripta</i>	Brimstone	
Bluebell		Chequered Skipper	
Bluebell		Green Hairstreak	
Bluebell		Green-veined White	
Bluebell		Large White	
Bluebell		Orange-tip	
Bluebell		Peacock	Post-hibernation
Bluebell		Pearl-bordered Fritillary	
Bluebell		Small Pearl-bordered Fritillary	
Bluebell		Small White	
Bluebell		Swallowtail	

Brambles

Brambles

Brambles

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Brambles

Brambles

Rubus spp.

Black Hairstreak

Brown Hairstreak

Comma

Dark Green Fritillary

Gatekeeper

Grayling

Heath Fritillary

High Brown Fritillary

Holly Blue

Large Skipper

Meadow Brown

Northern Brown Argus

Orange-tip

Painted Lady

Peacock

Purple Hairstreak

Brambles		Red Admiral	Summer
Brambles		Ringlet	
Brambles		Scotch Argus	
Brambles		Silver-studded Blue	
Brambles		Silver-washed Fritillary	
Brambles		Small Heath	
Brambles		Small Skipper	
Brambles		Small Tortoiseshell	
Brambles		Speckled Wood	
Brambles		White Admiral	
Brambles		White-letter Hairstreak	
Buckthorns	<i>Frangula alnus and Rhamnus cathartica</i>	Purple Hairstreak	
Buddleja	<i>Buddleja spp.</i>	Comma	
Buddleja		Dark Green Fritillary	
Buddleja		Grayling	
Buddleja		Large White	

Buddleja

Buddleja

Buddleja

Buddleja

Bugle

Bugle

Bugle

Bugle

Bugle

Bugle

Bugle

Bugle

Bugle

Bugle

Bugle

Bugle

Ajuga reptans

Painted Lady

Peacock

Red Admiral

Small Tortoiseshell

Brimstone

Chequered Skipper

Common Blue

Dingy Skipper

Green-veined White

Grizzled Skipper

Heath Fritillary

Holly Blue

Large Skipper

Large White

Marsh Fritillary

Orange-tip

Summer

Bugle

Bugle

Bugle

Bugle

Bugle

Bugle

Bush Vetch

Buttercups

Buttercups

Buttercups

Buttercups

Buttercups

Buttercups

Buttercups

Buttercups

Buttercups

Vicia sepium
Ranunculus spp.

Painted Lady

Peacock

Pearl-bordered Fritillary

Small Pearl-bordered
Fritillary

Small White

Wood White

Cryptic Wood White

Brown Argus

Dingy Skipper

Duke of Burgundy

Green-veined White

Grizzled Skipper

Heath Fritillary

Holly Blue

Marsh Fritillary

Meadow Brown

Post-hibernation

First brood

Buttercups		Pearl-bordered Fritillary	
Buttercups		Small Copper	
Buttercups		Small Heath	
Buttercups		Small Pearl-bordered Fritillary	
Carrion	N/A	Purple Emperor	
Clovers	<i>Trifolium spp.</i>	Common Blue	
Clovers		Dark Green Fritillary	
Clovers		Essex Skipper	
Clovers		Large Skipper	
Clovers		Marbled White	
Common Bird's-foot-trefoil	<i>Lotus corniculatus</i>	Brown Argus	
Common Bird's-foot-trefoil		Chalk Hill Blue	
Common Bird's-foot-trefoil		Common Blue	
Common Bird's-foot-trefoil		Cryptic Wood White	
Common Bird's-foot-trefoil		Glanville Fritillary	

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Green Hairstreak

Grizzled Skipper

Large Skipper

Lulworth Skipper

Northern Brown Argus

Painted Lady

Pearl-bordered Fritillary

Silver-spotted Skipper

Silver-studded Blue

Small Blue

Small Pearl-bordered
Fritillary

Small Skipper

Common Bird's-foot-trefoil

Common Bird's-foot-trefoil

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Pulicaria dysenterica

Small White

Small White

Brimstone

Brown Hairstreak

Clouded Yellow

Common Blue

Essex Skipper

Gatekeeper

Green-veined White

Large White

Meadow Brown

Painted Lady

Peacock

Red Admiral

Ringlet

Silver-washed Fritillary

Summer

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Fleabane

Common Rock-rose

Common Rock-rose

Common Vetch

Cowslip

Cowslip

Cross-leaved Heath

Cuckooflower

Cuckooflower

Cuckooflower

Cuckooflower

Small Copper

Small Heath

Small Skipper

Small White

Speckled Wood

Wall

Brown Argus

Green Hairstreak

Cryptic Wood White

Brimstone

Green Hairstreak

Large Heath

Green-veined White

Marsh Fritillary

Orange-tip

Peacock

*Helianthemum
nummularium*

Vicia sativa

Primula veris

Erica tetralix

Cardamine pratensis

Post-hibernation

Cuckooflower

Daisy

Daisy

Daisy

Daisy

Daisy

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Bellis perennis

Taraxacum spp.

Speckled Wood

Green Hairstreak

Grizzled Skipper

Small Copper

Small White

Wall

Brimstone

Brown Argus

Clouded Yellow

Glanville Fritillary

Green Hairstreak

Grizzled Skipper

Large Skipper

Large White

Marsh Fritillary

Orange-tip

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Dandelions

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Succisa pratensis

Peacock

Pearl-bordered Fritillary

Silver-spotted Skipper

Small Copper

Small Pearl-bordered
Fritillary

Small Skipper

Small Tortoiseshell

Small White

Speckled Wood

Brimstone

Brown Hairstreak

Gatekeeper

Large Skipper

Large White

Meadow Brown

Painted Lady

Post-hibernation

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Dog-rose

Dung

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Devil's-bit Scabious

Forget-me-nots

Garlic Mustard

Rosa canina

N/A

Knautia arvensis

Myosotis spp.

Alliaria petiolata

Peacock

Scotch Argus

Small Heath

Small Skipper

Small Tortoiseshell

Swallowtail

Black Hairstreak

Purple Emperor

Chalk Hill Blue

Large Skipper

Large White

Scotch Argus

Silver-spotted Skipper

Small Tortoiseshell

Holly Blue

Orange-tip

Germander Speedwell

Gorse

Greater Knapweed

Greater Stitchwort

Greater Stitchwort

Greater Stitchwort

Greater Stitchwort

Greater Stitchwort

Greater Stitchwort

Ground-ivy

Ground-ivy

Ground-ivy

Hawkbits

Hawkweeds

Hawkweeds

Hawkweeds

Veronica chamaedrys

Ulex europeus

Centaurea scabiosa

Stellaria holostea

Glechoma hederacea

Leontodon spp.

Hieracium spp.

Cryptic Wood White

Green Hairstreak

Lulworth Skipper

Green-veined White

Orange-tip

Small Heath

Small Tortoiseshell

Small White

Wood White

Grizzled Skipper

Orange-tip

Peacock

Small Skipper

Dingy Skipper

Glanville Fritillary

Large Heath

First brood

Post-hibernation

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawkweeds

Hawthorns

Hawthorns

Hawthorns

Heath Bedstraw

Crataegus spp.

Galium saxatile

Marsh Fritillary

Mountain Ringlet

Orange-tip

Painted Lady

Peacock

Pearl-bordered Fritillary

Scotch Argus

Small Copper

Small Pearl-bordered
Fritillary

Small Tortoiseshell

Small White

Wall

Duke of Burgundy

Green Hairstreak

Red Admiral

Mountain Ringlet

Spring

Heather

Calluna vulgaris

Scotch Argus

Heathers

Calluna and Erica spp.

Essex Skipper

Heathers

Grayling

Heathers

Heath Fritillary

Heathers

Large Heath

Heathers

Painted Lady

Heathers

Small Copper

Heathers

Small Pearl-bordered
Fritillary

Heathers

Small Tortoiseshell

Hemp-agrimony

Eupatorium cannabinum

Brown Hairstreak

Hemp-agrimony

Gatekeeper

Hemp-agrimony

Green-veined White

Hemp-agrimony

Large White

Hemp-agrimony

Meadow Brown

Hemp-agrimony

Painted Lady

Hemp-agrimony

Peacock

Hemp-agrimony		Purple Hairstreak	
Hemp-agrimony		Red Admiral	Late summer
Hemp-agrimony		Ringlet	
Hemp-agrimony		Small Tortoiseshell	
Hemp-agrimony		Small White	
Hemp-agrimony		White-letter Hairstreak	
Herb-Robert	<i>Geranium robertianum</i>	Wood White	First brood
Hoary Willowherb	<i>Epilobium parviflorum</i>	Cryptic Wood White	
Holly	<i>Ilex spp.</i>	Green Hairstreak	
Holly		Holly Blue	
Honeydew	N/A	Black Hairstreak	
Honeydew		Brown Hairstreak	
Honeydew		Holly Blue	
Honeydew		Purple Hairstreak	
Honeydew		Speckled Wood	
Honeydew		White Admiral	

Honeydew

Horseshoe Vetch

Horseshoe Vetch

Horseshoe Vetch

Horseshoe Vetch

Ivy

Ivy

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Ivy

Kidney Vetch

Kidney Vetch

Kidney Vetch

Kidney Vetch

Kidney Vetch

Kidney Vetch

Hippocrepis comosa

Hedera spp.

Anthyllis vulneraria

White-letter Hairstreak

Adonis Blue

Brown Argus

Green Hairstreak

Small Blue

Comma

Holly Blue

Painted Lady

Red Admiral

Small Tortoiseshell

Common Blue

Large Skipper

Northern Brown Argus

Ringlet

Small Blue

Small Heath

Spring brood

Late summer

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

knapweeds

Centaurea spp.

Adonis Blue

Brimstone

Chalk Hill Blue

Clouded Yellow

Comma

Common Blue

Dark Green Fritillary

Green-veined White

Heath Fritillary

High Brown Fritillary

Large Skipper

Large White

Marbled White

Marsh Fritillary

Meadow Brown

Northern Brown Argus

Summer brood

knapweeds		Painted Lady	
knapweeds		Scotch Argus	
knapweeds		Silver-spotted Skipper	
knapweeds		Silver-washed Fritillary	
knapweeds		Small Skipper	
knapweeds		Small Tortoiseshell	
knapweeds		Small White	
knapweeds		Wall	
knapweeds		Wood White	Second brood
Marsh Thistle	<i>Cirsium palustre</i>	Chequered Skipper	
Meadow Buttercup	<i>Ranunculus acris</i>	Cryptic Wood White	
Meadow Buttercup		Mountain Ringlet	
Meadow Vetchling	<i>Lathyrus pratensis</i>	Cryptic Wood White	
Meadow Vetchling		Wood White	Second brood
Michaelmas-daisies	<i>Aster spp.</i>	Red Admiral	Summer
Michaelmas-daisies		Small Tortoiseshell	

Primrose

Primrose

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Ragged-Robin

Primula vulgaris

Silene flos-cuculi

Brimstone

Small Tortoiseshell

Brimstone

Cryptic Wood White

Dingy Skipper

Green-veined White

Grizzled Skipper

Large Skipper

Large White

Marsh Fritillary

Orange-tip

Pearl-bordered Fritillary

Small Pearl-bordered
Fritillary

Small White

Swallowtail

Wall

Ragworts

Ragworts

Ragworts

Ragworts

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Ragworts

Ragworts

Ragworts

Ragworts

Ragworts

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Ragworts

Ragworts

Jacobaea spp.

Adonis Blue

Brown Argus

Brown Hairstreak

Clouded Yellow

Common Blue

Essex Skipper

Gatekeeper

Green-veined White

High Brown Fritillary

Large White

Meadow Brown

Northern Brown Argus

Painted Lady

Peacock

Ringlet

Scotch Argus

Summer brood

Ragworts

Ragworts

Ragworts

Ragworts

Ragworts

Ragworts

Ragworts

Ragworts

Red Champion

Red Champion

Red Champion

Red Champion

Red Clover

Red Clover

Red Clover

Red Clover

Silver-washed Fritillary

Small Copper

Small Heath

Small Tortoiseshell

Small White

Speckled Wood

Wall

White-letter Hairstreak

Brimstone

Green-veined White

Orange-tip

Small White

Cryptic Wood White

Gatekeeper

Grayling

Northern Brown Argus

Silene dioica

Trifolium pratense

Red Clover		Painted Lady	
Red Clover		Silver-spotted Skipper	
Red Clover		Small Copper	
Red Clover		Small Skipper	
Red Clover		Small White	
Red Clover		Swallowtail	
Red Valerian	<i>Centranthus ruber</i>	Northern Brown Argus	
Restharrow	<i>Ononis spp.</i>	Small Skipper	
Rotting fruit	N/A	Comma	
Rotting fruit		Red Admiral	Late summer
Sainfoin	<i>Onobrychis viciifolia</i>	Small Skipper	
Sainfoin		Small White	
Sallows	<i>Salix spp.</i>	Small Tortoiseshell	
Sap	N/A	Peacock	
Sap		Purple Emperor	
Sap		Red Admiral	

Sap		Speckled Wood	
Sedums	<i>Sedum spp.</i>	Small Tortoiseshell	
Selfheal	<i>Prunella vulgaris</i>	Brimstone	
Selfheal		Chalk Hill Blue	
Selfheal		Large Blue	
Selfheal		Meadow Brown	
Selfheal		Pearl-bordered Fritillary	
Selfheal		Small Skipper	
Selfheal		Wood White	Second brood
Small Scabious	<i>Scabiosa columbaria</i>	Northern Brown Argus	
Thistles	<i>Carduus spp. and Cirsium spp.</i>	Adonis Blue	Summer brood
Thistles		Brimstone	
Thistles		Brown Hairstreak	
Thistles		Chalk Hill Blue	
Thistles		Clouded Yellow	
Thistles		Comma	

Thistles

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Thistles

Thistles

Thistles

Thistles

Thistles

Common Blue

Dark Green Fritillary

Essex Skipper

Gatekeeper

Grayling

Green-veined White

High Brown Fritillary

Holly Blue

Large Skipper

Large White

Lulworth Skipper

Marbled White

Marsh Fritillary

Meadow Brown

Northern Brown Argus

Painted Lady

Thistles

Thistles

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Thistles

Thistles

Thistles

Thistles

Thistles

Peacock

Pearl-bordered Fritillary

Purple Hairstreak

Red Admiral

Ringlet

Scotch Argus

Silver-spotted Skipper

Silver-washed Fritillary

Small Copper

Small Pearl-bordered
Fritillary

Small Skipper

Small Tortoiseshell

Small White

Swallowtail

Wall

White Admiral

Summer

Thistles		White-letter Hairstreak	
Thrift	<i>Armeria maritima</i>	Glanville Fritillary	
Tormentil	<i>Potentilla erecta</i>	Duke of Burgundy	
Tormentil		Heath Fritillary	
Tormentil		Large Heath	
Tormentil		Marsh Fritillary	
Tormentil		Mountain Ringlet	
Tormentil		Pearl-bordered Fritillary	
Tormentil		Small Heath	
Tufted Vetch	<i>Vicia cracca</i>	Cryptic Wood White	
Tufted Vetch		Wood White	Second brood
Umbellifers	<i>Apiaceae spp.</i>	Brown Hairstreak	
Umbellifers		White Admiral	
Umbellifers		White-letter Hairstreak	
Vetches	<i>Vicia spp.</i>	Brimstone	
Vetches		Clouded Yellow	

Vetches
Vetches
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Vetches
Water Mint
Vetches
Vetches
Vetches
Vetches
Vetches
White Clover
White Clover
Wild Basil
Wild Marjoram

Mentha aquatica

Trifolium repens

Clinopodium vulgare

Origanum vulgare

Common Blue
Dingy Skipper
Green-veined White
Large Skipper
Orange-tip
Small Skipper
Gatekeeper
Holly Blue
Peacock
Silver-washed Fritillary
Small Tortoiseshell
Wall
Brown Argus
Large Heath
Silver-spotted Skipper
Adonis Blue

Summer brood

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Brimstone

Brown Argus

Clouded Yellow

Common Blue

Essex Skipper

Grayling

Green-veined White

Large Blue

Large White

Lulworth Skipper

Marbled White

Meadow Brown

Painted Lady

Peacock

Ringlet

Scotch Argus

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Marjoram

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Ligustrum vulgare

Small Skipper

Small Tortoiseshell

Small White

Wall

White-letter Hairstreak

Black Hairstreak

Comma

Gatekeeper

Green Hairstreak

Holly Blue

Large Skipper

Meadow Brown

Painted Lady

Peacock

Red Admiral

Ringlet

Summer

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Privet

Wild Strawberry

Wild Strawberry

Wild Teasel

Wild Teasel

Wild Teasel

Wild Teasel

Wild Teasel

Wild Teasel

Wild Thyme

Wild Thyme

Fragaria vesca

Dipsacus fullonum

Thymus polytrichus

Silver-washed Fritillary

Small Tortoiseshell

Small Tortoiseshell

Speckled Wood

White Admiral

White-letter Hairstreak

Green Hairstreak

Grizzled Skipper

Brimstone

Large White

Meadow Brown

Peacock

Red Admiral

Swallowtail

Brown Argus

Chalk Hill Blue

Summer

Wild Thyme

Wild Thyme

Wild Thyme

Wild Thyme

Wild Thyme

Wild Thyme

Wild Thyme

Wild Thyme

Wild Thyme

Wild Thyme

Wild Thyme

Wood Spurge

Wood Spurge

Yarrow

Yarrow

Yarrow

Euphorbia amygdaloides

Achillea millefolium

Common Blue

Gatekeeper

Grayling

Grizzled Skipper

High Brown Fritillary

Large Blue

Marbled White

Mountain Ringlet

Northern Brown Argus

Small Pearl-bordered
Fritillary

Small Tortoiseshell

Duke of Burgundy

Small Pearl-bordered
Fritillary

Large Skipper

Marbled White

Meadow Brown

Yarrow
Yarrow
Yarrow
Yarrow
Yellow Iris

Iris pseudacorus

Peacock
Small Copper
Small Heath
Wall
Swallowtail

07.03.2026

Information sourced from <https://www.ukbutterflies.co.uk>

Caterpillar Food Plant (Butterflies)

Plant Name	Plant Scientific Name	Foodplant For	Qualification
Agrimony	<i>Agrimonia eupatoria</i>	Grizzled Skipper	
Alder Buckthorn	<i>Frangula alnus</i>	Brimstone	Acid soils
Alder Buckthorn		Green Hairstreak	Woodland
Aspen	<i>Populus tremula</i>	Large Tortoiseshell	
Barren Strawberry	<i>Potentilla sterilis</i>	Grizzled Skipper	
Bents	<i>Agrostis spp.</i>	Gatekeeper	
Bents		Meadow Brown	Young larvae
Bents		Small Heath	
Bents		Wall	
Bilberry	<i>Vaccinium myrtillus</i>	Green Hairstreak	Boggy habitat
Birches	<i>Betula spp.</i>	Camberwell Beauty	
Bitter-vetch	<i>Lathyrus linifolius</i>	Wood White	
Black Medick	<i>Medicago lupulina</i>	Common Blue	

Black Medick		Silver-studded Blue	Great Orme
Blackthorn	<i>Prunus spinosa</i>	Black Hairstreak	
Blackthorn		Black-veined White	
Blackthorn		Brown Hairstreak	
Bladder-senna	<i>Colutea arborescens</i>	Long-tailed Blue	
Blue Moor-grass	<i>Sesleria caerulea</i>	Scotch Argus	
Brambles	<i>Rubus spp.</i>	Green Hairstreak	Woodland
Brambles		Grizzled Skipper	
Brambles		Holly Blue	Summer brood
Bristle Bent	<i>Agrostis curtisii</i>	Grayling	Heathland
Broad-leaved Dock	<i>Rumex obtusifolius</i>	Small Copper	
Broad-leaved Everlasting-pea	<i>Lathyrus latifolius</i>	Long-tailed Blue	
Broom	<i>Cytisus scoparius</i>	Green Hairstreak	Heathland
Broom		Long-tailed Blue	
Buck's-horn Plantain	<i>Plantago coronopus</i>	Glanville Fritillary	
Buckthorn	<i>Rhamnus cathartica</i>	Brimstone	Calcareous soils

Buckthorns	<i>Frangula alnus and Rhamnus cathartica</i>	Holly Blue	Summer brood
Burdocks	<i>Arctium spp.</i>	Painted Lady	
Cabbage family	<i>Brassicaceae</i>	Bath White	
Cabbage family		Large White	
Cabbage family		Small White	
Charlock	<i>Sinapis arvensis</i>	Green-veined White	
Charlock		Orange-tip	
Cherries	<i>Prunus spp.</i>	Black Hairstreak	
Cherries		Brown Hairstreak	
Clovers	<i>Trifolium spp.</i>	Clouded Yellow	
Clovers		Pale Clouded Yellow	
Cock's-foot	<i>Dactylis glomerata</i>	Essex Skipper	
Cock's-foot		Large Skipper	
Cock's-foot		Marbled White	
Cock's-foot		Meadow Brown	
Cock's-foot		Ringlet	

Cock's-foot		Scotch Argus	
Cock's-foot		Small Skipper	
Cock's-foot		Speckled Wood	
Cock's-foot		Wall	
Common Bent	<i>Agrostis capillaris</i>	Scotch Argus	
Common Bird's-foot-trefoil	<i>Lotus corniculatus</i>	Clouded Yellow	
Common Bird's-foot-trefoil		Common Blue	
Common Bird's-foot-trefoil		Cryptic Wood White	
Common Bird's-foot-trefoil		Dingy Skipper	
Common Bird's-foot-trefoil		Green Hairstreak	Calcareous soils
Common Bird's-foot-trefoil		Short-tailed Blue	
Common Bird's-foot-trefoil		Silver-studded Blue	Great Orme, Portland
Common Bird's-foot-trefoil		Wood White	
Common Cottongrass	<i>Eriophorum angustifolium</i>	Large Heath	
Common Couch	<i>Elytrigia repens</i>	Essex Skipper	
Common Couch		Ringlet	

Common Couch		Scotch Argus	
Common Couch		Speckled Wood	
Common Cow-wheat	<i>Melampyrum pratense</i>	Heath Fritillary	
Common Dog-violet	<i>Viola riviniana</i>	Dark Green Fritillary	
Common Dog-violet		High Brown Fritillary	
Common Dog-violet		Pearl-bordered Fritillary	
Common Dog-violet		Silver-washed Fritillary	
Common Dog-violet		Small Pearl-bordered Fritillary	
Common Nettle	<i>Urtica dioica</i>	Comma	
Common Nettle		Painted Lady	
Common Nettle		Peacock	
Common Nettle		Red Admiral	
Common Nettle		Small Tortoiseshell	
Common Restharrow	<i>Ononis repens</i>	Common Blue	
Common Rock-rose	<i>Helianthemum nummularium</i>	Brown Argus	Chalk and limestone grassland
Common Rock-rose		Green Hairstreak	Calcareous soils

Common Rock-rose

Common Rock-rose

Common Sorrel

Common Stork's-bill

Cowslip

Crack-willow

Creeping Cinquefoil

Creeping Soft-grass

Creeping Soft-grass

Cross-leaved Heath

Cuckooflower

Cuckooflower

Currants

Dame's-violet

Devil's-bit Scabious

Dog-rose

Rumex acetosa

Erodium cicutarium

Primula veris

Salix × fragilis

Potentilla reptans

Holcus mollis

Erica tetralix

Cardamine pratensis

Ribes spp.

Hesperis matronalis

Succisa pratensis

Rosa canina

Northern Brown Argus

Silver-studded Blue

Small Copper

Brown Argus

Duke of Burgundy

Purple Emperor

Grizzled Skipper

Essex Skipper

Small Skipper

Green Hairstreak

Green-veined White

Orange-tip

Comma

Orange-tip

Marsh Fritillary

Grizzled Skipper

Great Orme, Portland

Other habitats

Heathland

Dogwood	<i>Cornus sanguinea</i>	Green Hairstreak	Calcareous soils
Dogwood		Holly Blue	Spring brood
Dove's-foot Crane's-bill	<i>Geranium molle</i>	Brown Argus	Other habitats
Downy Oat-grass	<i>Avenula pubescens</i>	Meadow Brown	
Dyer's Greenweed	<i>Genista tinctoria</i>	Green Hairstreak	Heathland
Early Hair-grass	<i>Aira praecox</i>	Grayling	Calcareous soils
Elms	<i>Ulmus spp.</i>	Camberwell Beauty	
Elms		Comma	
Elms		Large Tortoiseshell	
English Elm	<i>Ulmus procera</i>	White-letter Hairstreak	
Evergreen Oak	<i>Quercus ilex</i>	Purple Hairstreak	
False Brome	<i>Brachypodium sylvaticum</i>	Essex Skipper	
False Brome		Large Skipper	
False Brome		Meadow Brown	
False Brome		Ringlet	
False Brome		Small Skipper	

False Brome		Speckled Wood	
False Brome		Wall	
False Oxlip	<i>Primula veris x vulgaris</i>	Duke of Burgundy	
Fescues	<i>Festuca spp.</i>	Gatekeeper	
Fescues		Meadow Brown	Young larvae
Fescues		Small Heath	
Field Pansy	<i>Viola arvensis</i>	Queen of Spain Fritillary	
Field Scabious	<i>Knautia arvensis</i>	Marsh Fritillary	
Foxglove	<i>Digitalis purpurea</i>	Heath Fritillary	Post-hibernation larvae
Garlic Mustard	<i>Alliaria petiolata</i>	Green-veined White	
Garlic Mustard		Orange-tip	
Germander Speedwell	<i>Veronica chamaedrys</i>	Heath Fritillary	Post-hibernation larvae
Glaucous Sedge	<i>Carex flacca</i>	Scotch Argus	
Goat Willow	<i>Salix caprea</i>	Purple Emperor	
Gorse	<i>Ulex europeaus</i>	Green Hairstreak	Heathland
Gorse		Holly Blue	Spring brood

Gorse		Short-tailed Blue	
Gorse		Silver-studded Blue	Heathland
Greater Bird's-foot-trefoil	<i>Lotus pedunculatus</i>	Common Blue	
Greater Bird's-foot-trefoil		Cryptic Wood White	
Greater Bird's-foot-trefoil		Dingy Skipper	
Greater Bird's-foot-trefoil		Wood White	
Grey Willow	<i>Salix cinerea</i>	Purple Emperor	
Hairy Rock-cress	<i>Arabis hirsuta</i>	Orange-tip	
Hairy Violet	<i>Viola hirta</i>	Dark Green Fritillary	
Hairy Violet		High Brown Fritillary	Limestone sites
Hare's-tail Cottongrass	<i>Eriophorum vaginatum</i>	Large Heath	
Hawthorns	<i>Crataegus spp.</i>	Black-veined White	
Heath Dog-violet	<i>Viola canina</i>	High Brown Fritillary	
Heath Dog-violet		Pearl-bordered Fritillary	
heathers	<i>Calluna and Erica spp.</i>	Silver-studded Blue	Heathland
Hedge Mustard	<i>Sisymbrium officinale</i>	Green-veined White	

Hedge Mustard		Orange-tip	
Hoary Rock-rose	<i>Helianthemum oelandicum</i>	Silver-studded Blue	Great Orme
Holly	<i>Ilex spp.</i>	Holly Blue	Spring brood
Honesty	<i>Lunaria annua</i>	Orange-tip	
Honeysuckle	<i>Lonicera periclymenum</i>	White Admiral	
Hop	<i>Humulus lupulus</i>	Comma	
Hop		Peacock	
Hop		Red Admiral	
Horseshoe Vetch	<i>Hippocrepis comosa</i>	Adonis Blue	
Horseshoe Vetch		Berger's Clouded Yellow	
Horseshoe Vetch		Chalk Hill Blue	
Horseshoe Vetch		Clouded Yellow	
Horseshoe Vetch		Dingy Skipper	
Horseshoe Vetch		Silver-studded Blue	Portland
Ivy	<i>Hedera spp.</i>	Holly Blue	Summer brood
Jointed Rush	<i>Juncus articulatus</i>	Large Heath	

Kidney Vetch	<i>Anthyllis vulneraria</i>	Small Blue	
Large Bitter-cress	<i>Cardamine amara</i>	Green-veined White	
Large Bitter-cress		Orange-tip	
Lesser Trefoil	<i>Trifolium dubium</i>	Common Blue	
Lucerne	<i>Medicago sativa ssp. sativa</i>	Pale Clouded Yellow	
mallows	<i>Malva spp.</i>	Painted Lady	
Marram	<i>Ammophila arenaria</i>	Grayling	Coastal sites
Marsh Violet	<i>Viola palustris</i>	Dark Green Fritillary	
Marsh Violet		Pearl-bordered Fritillary	Northern sites
Marsh Violet		Small Pearl-bordered Fritillary	
Mat-grass	<i>Nardus stricta</i>	Mountain Ringlet	
Meadow Foxtail	<i>Alopecurus pratensis</i>	Essex Skipper	
Meadow Foxtail		Small Skipper	
Meadow Vetchling	<i>Lathyrus pratensis</i>	Cryptic Wood White	
Meadow Vetchling		Wood White	
Meadow-grasses	<i>Poa spp.</i>	Gatekeeper	

Meadow-grasses		Meadow Brown	Young larvae
Meadow-grasses		Ringlet	
Meadow-grasses		Small Heath	
Milk-parsley	<i>Thyselium palustre</i>	Swallowtail	
Milkweeds	<i>Asclepias spp.</i>	Monarch	
Nasturtium	<i>Tropaeolum majus</i>	Green-veined White	
Nasturtium		Large White	
Nasturtium		Small White	
Pale Dog-violet	<i>Viola lactea</i>	High Brown Fritillary	
Pedunculate Oak	<i>Quercus robur</i>	Purple Hairstreak	
Pellitory-of-the-wall	<i>Parietaria judaica</i>	Red Admiral	
Poplars	<i>Populus spp.</i>	Camberwell Beauty	
Poplars		Large Tortoiseshell	
Primrose	<i>Primula vulgaris</i>	Duke of Burgundy	
Purple Moor-grass	<i>Molinia caerulea</i>	Chequered Skipper	
Purple Moor-grass		Large Chequered Skipper	

Purple Moor-grass		Large Skipper	
Purple Moor-grass		Scotch Argus	
Raspberry	<i>Rubus idaeus</i>	Grizzled Skipper	
Red Clover	<i>Trifolium pratense</i>	Mazarine Blue	
Red Fescue	<i>Festuca rubra</i>	Grayling	Calcareous soils
Red Fescue		Marbled White	Young larvae
Ribwort Plantain	<i>Plantago lanceolata</i>	Glanville Fritillary	
Ribwort Plantain		Heath Fritillary	Unimproved grassland
Salad Burnet	<i>Poterium sanguisorba ssp. sanguisorba</i>	Grizzled Skipper	
Sallows	<i>Salix spp.</i>	Camberwell Beauty	
Sallows		Large Tortoiseshell	
Sallows		Scarce Tortoiseshell	
Sea-kale	<i>Crambe maritima</i>	Large White	On the coast
Sea-kale		Small White	On the coast
Sessile Oak	<i>Quercus petraea</i>	Purple Hairstreak	
Sheep's Sorrel	<i>Rumex acetosella</i>	Small Copper	

Sheep's-fescue	<i>Festuca ovina</i>	Grayling	Calcareous soils
Sheep's-fescue		Marbled White	Young larvae
Sheep's-fescue		Mountain Ringlet	
Sheep's-fescue		Scotch Argus	
Sheep's-fescue		Silver-spotted Skipper	
Silverweed	<i>Potentilla anserina</i>	Grizzled Skipper	
Small Nettle	<i>Urtica urens</i>	Peacock	
Small Nettle		Red Admiral	
Small Nettle		Small Tortoiseshell	
Small Scabious	<i>Scabiosa columbaria</i>	Marsh Fritillary	
Small-leaved Elm	<i>Ulmus minor ssp. minor</i>	White-letter Hairstreak	
Snowberries	<i>Symphoricarpos spp.</i>	Holly Blue	Summer brood
Snowberries		White Admiral	
Spindle	<i>Euonymus europaeus</i>	Holly Blue	Spring brood
Sweet Vernal-grass	<i>Anthoxanthum odoratum</i>	Scotch Argus	
Thistles	<i>Carduus spp. and Cirsium spp.</i>	American Painted Lady	

Thistles		Painted Lady	
Timothy	<i>Phleum pratense</i>	Essex Skipper	
Thistles		Marbled White	
Thistles		Small Skipper	
Tor-grass	<i>Brachypodium rupestre</i>	Essex Skipper	
Tor-grass		Large Skipper	
Tor-grass		Lulworth Skipper	
Tor-grass		Marbled White	
Tor-grass		Wall	
Tormentil	<i>Potentilla erecta</i>	Grizzled Skipper	
Tufted Hair-grass	<i>Deschampsia cespitosa</i>	Grayling	
Tufted Hair-grass		Ringlet	
Tufted Hair-grass		Scotch Argus	
Tufted Vetch	<i>Vicia cracca</i>	Cryptic Wood White	
Tufted Vetch		Wood White	
Turkey Oak	<i>Quercus cerris</i>	Purple Hairstreak	

Turnip	<i>Brassica rapa ssp. rapa</i>	Orange-tip	
Viper's-bugloss	<i>Echium vulgare</i>	Painted Lady	
Water Dock	<i>Rumex hydrolapathum</i>	Large Copper	
Water-cress	<i>Nasturtium officinale</i>	Green-veined White	
Wavy Hair-grass	<i>Deschampsia flexuosa</i>	Scotch Argus	
Wavy Hair-grass		Wall	
Wild Cabbage	<i>Brassica oleracea var. oleracea</i>	Green-veined White	
Wild Marjoram	<i>Origanum vulgare</i>	Large Blue	
Wild Mignonette	<i>Reseda lutea</i>	Large White	
Wild Mignonette		Small White	
Wild Pansy	<i>Viola tricolor</i>	Queen of Spain Fritillary	
Wild Radish	<i>Raphanus raphanistrum ssp. raphanistrum</i>	Green-veined White	
Wild Strawberry	<i>Fragaria vesca</i>	Grizzled Skipper	
Wild Thyme	<i>Thymus polytrichus</i>	Large Blue	
Willows	<i>Salix spp.</i>	Camberwell Beauty	
Willows		Comma	

Willows

Winter-cress

Wood Avens

Wood Small-reed

Wych Elm

Yorkshire-fog

Yorkshire-fog

Yorkshire-fog

Yorkshire-fog

Barbarea vulgaris

Geum urbanum

Calamagrostis epigejoss

Ulmus glabra

Holcus lanatus

Large Tortoiseshell

Orange-tip

Grizzled Skipper

Large Skipper

White-letter Hairstreak

Marbled White

Small Skipper

Speckled Wood

Wall