

Host Plants

Sunshine Mimosa

- pollinator attractant, **host plant for the little sulphur (*Eurema lisa*) butterfly**
- leaves & flowers are edible, the "Happiness Tree" indicated for mood, calming, anxiety, gentle sedative, anti-inflammatory, analgesic, depression, grief, insomnia, anti-inflammatory, PTSD, antimicrobial, palpitations
- prefers 6+ hours of sun a day
- water when top 1" of soil is dry, drought tolerant
- 6-18" tall and up to 100' long, low growing, suitable for sandy areas
- zone 8-11



Little Sulphur
Eurema lisa

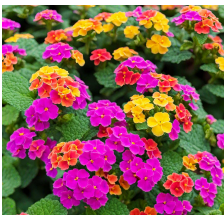
\$

Florida
Native

Lantana

\$

- butterfly & hummingbird attractant, **host of painted lady caterpillar**
- indicated for antimicrobial, fungicidal, insecticidal, cancers, tumors, swellings, malaria, chicken pox, eczema, asthma, rheumatism, tetanus
- water when top 1-2" soil is dry, well draining soil, drought tolerant
- prefers 6+ hours of sun a day
- 2-6' tall x 3-10' wide
- zone 8-11

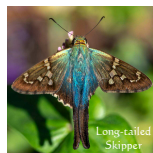


Painted
Lady

full
sun

Blue Pea Vine

- **host plant to Long-tailed Skipper butterfly**
- my flowers make beautiful, blue tea
- flower tea properties, anti-oxidant, anti-inflammatory, brain health, Alzheimer's, eyesight, reproductive health, blood sugar, skin, hair, digestion and respiration, memory, anxiety & depression
- water when dry, well draining soil
- trailing vine can reach 15'
- zone 9-11



Long-tailed
Skipper

full
sun



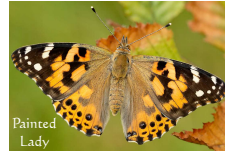
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Verbena

\$

- butterfly & hummingbird attractant, **host of painted lady caterpillar**
- leaves and flowers are edible, indicated for inflammation, anxiety/depression, sleep, asthma, fever, itching, antioxidant, arthritis, jaundice, joints, digestion, sore throat, chest pain
- allow soil to dry out between watering, well draining soil, drought tolerant
- prefers 6+ hours of sun a day
- 6-18" tall x 12-30" wide
- zone 8-11

full
sun



Painted
Lady

Dutchman's Pipe Vine

\$

- **host for Pipevine Swallowtail**
- toxic, poultice for fevers, anti-inflammatory, toothache, snake bites
- do not let soil dry out, well draining soil
- 15-30' tall x 15-20' wide
- zone 8-10

likes both
full sun
&
part shade



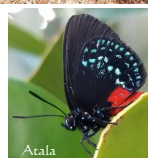
Pipevine Swallowtail

Palm, Coontie

Florida
Native

- **host for the Atala butterfly,** bird attractant
- starch & thickening agent, highly digestible for elderly & babies, digestive & urinary tract benefits, cleans air
- water just enough water to keep the soil moist, but not so much water that it's drowning, well draining soil, drought tolerant
- 2-3' tall x 3' wide
- zone 8-11

prefers
part shade
tolerates
full sun



Atala

\$

Host Plants

prefers
full sun
tolerates
part shade

Passion Flower, Purple \$

- butterfly & hummingbird attractant, **host for gulf fritillary, variegated fritillary, julia & zebra long-wing butterflies**
- indicated for nervous disorders, bronchial conditions, arthritis, asthma, insomnia, epilepsy, adhd, depression, opiate withdraw, gastrointestinal disorders and menopausal symptoms, sedative & antispasmodic
- water when dry, well draining soil
- 10-30' tall x '3-6 wide climbing vine
- zone 6-10



grows in
full sun
and
part shade

Passion Flower, Corkystem Florida Native

- larval host for the gulf fritillary, zebra long-wing & julia butterflies
- brew tea using leaves, flowers & roots for anxiety, stress & insomnia
- climbing vine
- water when top 1" is dry, well draining soil
- tolerant from -4°F to 100°F, zone 9-11



\$

full
sun

Powder Puff \$ all varieties

- butterfly, bee & hummingbird attractant, **host for statira sulphur larvae**
- fruit indicated for seizures, inflammation, infection, fever, colds, coughs, asthma, diarrhea, respiratory infection, anti-fungal, anti-bacterial, poulticing for sore throat,
- used for connecting with the spiritual realm
- allow to dry out between watering, well draining soil, drought tolerant
- needs 6+ hours of sun a day
- 10-15' tall, can be trimmed to 8-10'
- zone 9-11b

