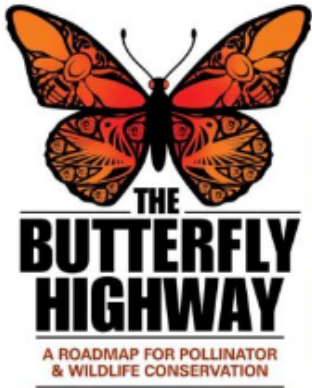


Nature Challenge #5 - Mountain Butterflies

From the Natural Resources Stewardship Committee (NRSC)
and the North Carolina Wildlife Federation (NCWF)



Butterflies are one of nature's most extraordinary works of art in form and color. Spring and summer is the time of year that these beautiful insects can be seen in Connestee Falls, flitting along the roadsides, trails, and garden areas feeding, pollinating, and laying eggs for their next generation.










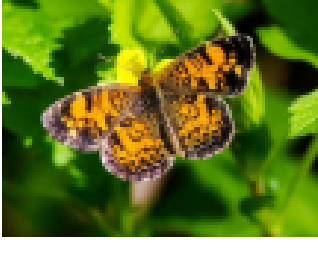






The [NCWF Pollinator Guide](#) (p.8-17) identifies the butterflies on this checklist that are commonly found in the WNC mountains and the Palamedes, which have been sighted in adjacent counties. The guide describes the habitat, ecology, and larval host plants of each butterfly and other critical NC pollinator insects including bees, ants, wasps, moths, beetles, and flies.

According to the NCWF, habitat loss from development is the primary cause of pollinator population decline, followed by pesticide and fungicide use as well as parasites and diseases and that the solution is to restore pollinator habitat on private lands. "The [Butterfly Highway](#) is a statewide conservation restoration initiative that aims to restore native pollinator habitats to areas impacted by urbanization, land use change and agriculture across North Carolina. From backyard Pollinator Pit Stops to large-scale roadside habitat restoration, the project is creating a network of native flowering plants to support butterflies, bees, birds and other pollen and nectar dependent wildlife."

You can help put Connestee Falls on "*The Butterfly Highway Roadmap*" by planting native pollinator plants in containers and/or in your yard. A good selection would include Partridge Pea, Black Eyed Susan, Purple Coneflower, Butterfly Weed, Common Milkweed, Blazing Star, Beebalm, and Heath Asters. Natural habitats will give at risk pollinators the food and shelter that they need to survive and thrive. The NC Extension offers a publication titled "[Butterflies in Your Backyard](#)" that will help you to understand the life cycle, physiology and behavior, and habitat needs of butterflies.

The NRSC encourages you to take photos, join iNaturalist, and add your butterfly sightings to the Connestee Falls Biodiversity Project. For more information about how to participate in the project visit [iNaturalist on the NRSC website](#).

Butterfly Checklist	
Monarch	
Tiger Swallowtail	
Zebra Swallowtail	
Pipevine Swallowtail	
Spicebush Swallowtail	
Palamedes Swallowtail (rare)	
Red Banded Hairstreak	
Gray Hairstreak	
Spring Azure	
Variegated Fritillary	
Pearl Crescent	
Common Buckeye	
Red Admiral	
American Lady	
Painted Lady	
Red Spotted Purple	
Question Mark	
Carolina Satyr	
Silver Spotted Skipper	

<p>Monarch</p> 	<p>Tiger Swallowtail</p> 	<p>Zebra Swallowtail</p> 	<p>Pipevine Swallowtail</p> 	<p>Spicebush Swallowtail</p> 
<p>Palamedes Swallowtail</p> 	<p>Red Banded Hairstreak</p> 	<p>Gray Hairstreak</p> 	<p>Spring Azure</p> 	<p>Variegated Fritillary</p> 
<p>Pearl Crescent</p> 	<p>Common Buckeye</p> 	<p>Red Admiral</p> 	<p>American Lady</p> 	<p>Painted Lady</p> 
<p>Red Spotted Purple</p> 	<p>Question Mark</p> 	<p>Carolina Satyr</p> 	<p>Silver Spotted Skipper</p> 	<p>NC Butterflies Created by AJ Longware for the NRSC Photos compliments of NCWF Pollinator ID (Blue links are active)</p>