



SUNFLOWER

Helianthus annuus

GULF FRITILLARY

Agraulis vanillae



PURPLE PASSION VINE

Passiflora incarnata



SUNFLOWER

Helianthus annuus

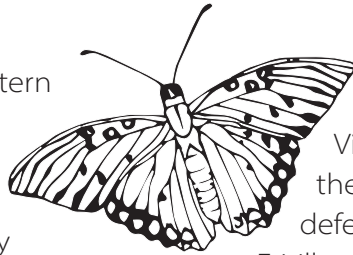
The Gulf Fritillary butterfly is a common garden visitor in the southeastern U.S. It is one of many migratory species that begins a mass movement further south as fall approaches. The caterpillars show off a bold orange body with long, black spikes covering it from head to tip. This warning display to predators is known as **aposematism**, and like the Monarch butterfly, the Gulf Fritillary caterpillar's bright, contrasting colors warn birds that it is poisonous.



Sunflowers also provide a landing pad for these delicate butterflies to stop and sip nectar. There are many wild species of sunflower **native** to the Americas, but the sunflower seeds we eat come from a **domesticated** species cultivated as a food for people, backyard birds, and a source of oil. These sunflowers have large, nodding heads made up of hundreds, or even thousands of tiny flowers, each producing a single seed when it is pollinated. That's a lot of seeds that you can leave for the birds or harvest yourself to eat. Who doesn't love to snack on sunflower seeds?

GULF FRITILLARY

Agraulis vanillae



Gulf Fritillary caterpillars are able to eat the poisonous leaves of the Purple Passion Vine without becoming sick, but they store the toxin in their bodies, as a method of defense from predators. On top of that, the Gulf Fritillary butterfly releases a mix of stinky chemicals when it is distressed that also scares off hungry birds! In addition to providing food for the Gulf Fritillary caterpillars, Purple Passion Vine's flowers are an easily accessible nectar source for adult butterflies.

PURPLE PASSION VINE

Passiflora incarnata

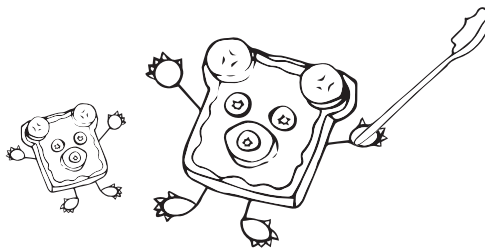
Teddy Bear Toast

Recipe from Bee Smart Eat Smart Curriculum

Servings: 2
Estimated Time: 10 minutes

Ingredients:
2 slices whole grain bread
4 tablespoons sunflower seed butter
4 banana slices
6 blueberries

Instructions:
1. Place the bread slices in a toaster until golden brown.
2. Spread 2 tablespoons of sunflower seed butter across each piece of toast.
3. Place a banana slice at two corners of each bread slice to make ears, and one banana slice in the center of each bread slice to make the bear's snout.
4. Place 2 blueberries above each center banana slice to make eyes, and 1 blueberry on top of each center banana slice to make the nose.



Did you know that the spiky caterpillars of the Gulf Fritillary are totally harmless to people? Be careful of other caterpillars with sharp spikes or spines, because they can really hurt you!



You can make your own sunflower seed butter: add 1 cup of roasted, unsalted sunflower seeds, 1 tablespoon sugar (or honey), and a pinch of salt to a food processor and blend to desired consistency.

