Sapho Longwing

Heliconius sapho



Inside



Outside



Chrysalid

REIMAN GARDENS
IOWA STATE UNIVERSITY

Sapho Longwing

Heliconius sapho

Order: Lepidoptera
Family: Nymphalidae

Etymology: The genus *Heliconius* is broken into two parts: Helico = Helix and nous = reason and knowledge as opposed to sense perception. Sappho was an early Greek female poet, who was referred to as "The Tenth Muse", by the philosopher Plato.

Wing span: 3 - 3.5 inches (76 - 88 mm)

Habitat: Sapho Longwings are found below the canopy in established tropical rainforests.

Host Plant: *Passiflora pittieri*

Adult Food Source: Adults are known to feed from a variety of nectar producing flowers and Psiguria for pollen.

Life History: Males defend a territory looking for receptive females to mate with. After mating, a female lays her eggs in clusters on the growing shoot of the host plants. Once the caterpillars hatch, the larvae are known to feed gregariously until they are ready to form their pupae.

Flights: There are multiple generations each year making it possible to find adults year round.

Fun Facts: Sapho Longwings have the ability to emit a sweet smell from a special gland found along their abdomen.

Range:

