*Arphia conspersa* occurs early in the spring when few collections were made. It is found at all elevations except the highest mountains. Late instar nymphs overwinter and become adults in May and June. Adults can be found later in the year at higher elevations. Eggs are laid in mid summer and hatch before fall. In some areas development may take two years. This species prefers grasses and sedges but feeds on some forbs. It rarely is numerous enough to damage forage. Adults occur early in the year when rangeland plants are growing vigorously.