

HOST PLANTS FOR MONARCHS

Monarch larvae feed exclusively on milkweeds. Plant at least ten individual milkweed plants in your butterfly garden. If possible, choose at least two different species. Wild Ones recommends you include common milkweed since it is the monarch's preferred species of milkweed. It may grow into large clumps, but if there is room in your garden, include it.

These are the native milkweed species that are recommended by Monarch Watch, Wild Ones and the North American Butterfly Association for the northeast monarch migration region (Midwest and Northeast USA):



Asclepias
Common Milkweed (*A. syriaca*)
Swamp Milkweed (*A. incarnata*)
Butterfly Milkweed (*A. tuberosa*)
Purple Milkweed (*A. purpurascens*)
Prairie Milkweed (*A. sullivanti*)
Whorled Milkweed (*A. verticillata*)
Poke Milkweed (*A. exaltata*)

NECTAR PLANTS FOR MONARCHS

Nectar plants provide food for adult monarchs and other pollinators throughout the season. Pick from early, mid- and late-flowering species and have at least three different kinds of plants in bloom at any time. Include the mid-season flowering milkweeds. Not only will you offer a dependable food source to the monarchs, but your butterfly garden will have visual interest all year long.

Try growing some of these native plants in your butterfly garden or Monarch Waystation. (Species listed alphabetically according to scientific names.)

EARLY NECTAR PLANTS

Shrubs:

- Serviceberry (*Amelanchier arborea*, *A. laevis*, *A. interior*)
- Redbud (*Cercis canadensis*)
- Flowering dogwood (*Cornus florida*)
- Spicebush (*Lindera benzoin*)
- Pussy willow (*Salix discolor*)
- Wild blueberry (*Vaccinium corymbosum*, *V. angustifolium*)

Forbs:

- Wild columbine (*Aquilegia canadensis*)
- Spring beauty (*Claytonia virginica*)
- Wild strawberry (*Fragaria virginiana*)
- Wild lupine (*Lupinus perennis*)
- Foxglove beardtongue (*Penstemon digitalis*)
- Wild phlox (*Phlox divaricata*)
- Blue-eyed grass (*Sisyrinchium angustifolium*)
- Common blue violet (*Viola sororia*, *Viola spp.*)

MID-SEASON NECTAR PLANTS

Shrubs and Vines:

- Leadplant (*Amorpha canescens*)
- New Jersey tea (*Ceanothus americanus*)
- Buttonbush (*Cephalanthus occidentalis*)
- Sundrops (*Oenothera fruticosa*)
- Virginia creeper (*Parthenocissus quinquefolia*)
- Sumac (*Rhus typhina*, *Rhus glabra*, *Rhus spp.*)
- White meadowsweet (*Spirea alba*)

Forbs:

- Nodding wild onion (*Allium cernuum*)
- Dogbane (*Apocynum cannabinum*, *A. androsaemifolium*)
- Swamp milkweed (*Asclepias incarnata*)
- Common milkweed (*Asclepias syriaca*)
- Butterflyweed (*Asclepias tuberosa*)
- Wild blue indigo (*Baptisia australis*)
- Partridge pea (*Cassia fasciculata*)
- Tall thistle (*Cirsium altissimum*)
- Swamp thistle (*Cirsium muticum*)
- Coreopsis (*Coreopsis lanceolata*, *C. tripteris*, *Coreopsis spp.*)
- Pale purple coneflower (*Echinacea pallida*)
- Rattlesnake master (*Eryngium yuccifolium*)
- Boneset (*Eupatorium perfoliatum*)
- Joe Pye weed (*Eutrochium maculatum*, *E. purpureum*)
- False sunflower (*Heliopsis helianthoides*)
- Roundheaded bushclover (*Lespedeza capitata*)
- Blazingstar (*Liatris spicata*, *L. ligustylis*, *Liatris spp.*)
- Bergamot (*Monarda fistulosa*)
- Dotted horsemint (*Monarda punctata*)
- Common cinquefoil (*Potentilla simplex*)
- Mountain mint (*Pycnanthemum virginianum*)
- Yellow prairie coneflower (*Ratibida pinnata*)
- Orange coneflower (*Rudbeckia fulgida*)
- Blackeyed Susan (*Rudbeckia hirta*)
- Wild senna (*Senna hebecarpa*)
- Purple-stemmed aster (*Symphotrichum puniceum*)
- Hoary vervain (*Verbena stricta*)
- Culver's root (*Veronicastrum virginicum*)
- Golden Alexanders (*Zizia aurea*)

LATE-FLOWERING NECTAR PLANTS

Shrub: Witchhazel (*Hamamelis virginiana*)

Forbs:

- False aster (*Boltonia asteroides*)
- Sneezeweed (*Helenium autumnale*)
- Calico aster (*Symphotrichum laterifolius*)
- Stiff goldenrod (*Solidago rigida*)
- Showy goldenrod (*Solidago speciosa*)
- Heath aster (*Symphotrichum ericoides*)
- Smooth aster (*Symphotrichum laevis*)
- New England aster (*Symphotrichum novae-angliae*)
- Ironweed (*Vernonia gigantea*, *V. missurica*)

*For information
and plant lists
specific to your
local area,
contact your
nearest
Wild Ones
chapter
or visit
wildones.org*