NECTAR PLANTS
Nectar plants provide nourishment to adult pollinators.

Bee Balm (*Monarda*)

Joe-Pye Weed (*Eutrochium*)
Blooms late summer. Grows 2-6 ft. tall with a 2-4 ft. spread. Used in containers, beds, borders, ground cover. Deer resistant.

Blazing Stars (*Liatris*)
Blooms throughout summer. Grows 2-5 ft. tall with a 1-2 ft. spread. Used in containers, beds, borders.

Ironweed (*Vernonia*)
Blooms summer-fall. Grows 2-8 ft. tall with a 2-3 ft. spread, depending on variety. Used in containers, beds, borders.

Coneflowers (*Echinacea*)
Blooms summer-fall. Grows 2-4 ft. tall with a 1-2 ft. spread. Used in containers, beds, borders.

Zinnias (*Zinnia*)
Blooms throughout summer. Grows 1-4 ft. tall with a 1 ft. spread. Used in containers, beds, borders. Deer resistant.

Cosmos (*Cosmos*)
Blooms summer-fall. Grows 2-5 ft. tall with a 1-2 ft. spread. Used in containers, beds, borders.

Rugosa Rose (*Rosa rugosa*)
Blooms late spring-early summer. Grows 4-8 ft. tall with a 4-6 ft. spread. Used in containers, beds, borders. Deer resistant.

Goldenrod (*Solidago*)

Ironweed (*Vernonia*)
Blooms summer-fall. Grows 2-8 ft. tall with a 2-3 ft. spread, depending on variety. Used in containers, beds, borders.

Ready to Get Started?
To register your garden, visit us online at plantgrowfly.com.
E: plantgrowfly@blankparkzoo.org
P: 515-974-2612

Plant is native to the Upper Midwest.  P Plant is a perennial.  A Plant is an annual.

Photos courtesy of Reiman Gardens & UNI Tallgrass Prairie Center.
First, consider your space.

Your garden can be as big as your backyard or as small as a single pot. Every garden is important and no effort is too small! To qualify as an official Plant.Grow.Fly. garden, be sure to include at least one host plant and one nectar plant from our list. When choosing where to plant your garden, favor sunny, wind-sheltered areas, as pollinators and their plants need full sunlight for at least six hours per day.

Next, choose your plants.

With the help of experts at Iowa State University’s Reiman Gardens, we have developed this list of host and nectar plants that support the butterfly species of the Upper Midwest. Most of these plants are native to the region, making them easier to maintain and better adapted to our climate. The best gardens combine both nectar and host plants, encouraging pollinators to spend more time in your garden!

Start planting!

Butterflies are attracted to large splashes of color in the landscape. Planting groups of 3-5 of the same plant is important when creating these color splashes. Purchase plants of different heights, creating tiers within your garden. Choose plants with varying blooming times to provide resources throughout the entire season. See our sample garden plans on our website.

Grow green.

Make informed decisions when purchasing your plants. Ask the greenhouse if their plants are grown locally and if herbicides or pesticides have been applied. Native and non-hybrid cultivars are preferred. We want your garden to be a safe and bountiful place for pollinators to reproduce and collect nutrients.

The birds and the bees.

While your garden will be a sanctuary for butterflies, it will also help other local wildlife such as bees, birds, and mammals by providing more high-quality habitats!

For more information on planting your garden and finding seeds or plants, visit plantgrowfly.com.

From the Ground Up