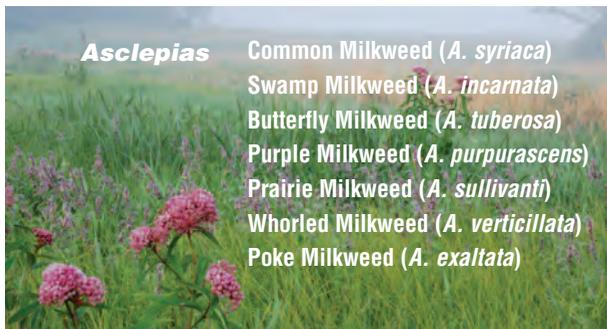


## HOST PLANTS FOR MONARCHS

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):



## 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 (*Spiraea 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. ligulistylis*, *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](http://wildones.org)



Wild Ones: Native Plants, Natural Landscapes promotes environmentally sound landscaping practices to preserve biodiversity through the preservation, restoration and establishment of native plant communities. Wild Ones is a national not-for-profit environmental education and advocacy organization.



To order a Monarch Waystation sign: [monarchwatch.org](http://monarchwatch.org)

To order a North American Butterfly Assoc. sign: [naba.org](http://naba.org)

To order a Wild Ones Butterfly sign or to upload photos to the Wild Ones website: [wildones.org/learn/wild-for-monarchs](http://wildones.org/learn/wild-for-monarchs) or email [monarch@wildones.org](mailto:monarch@wildones.org)

For local Wild Ones chapter contact: [wildones.org/connect](http://wildones.org/connect)

**NEED MORE MILKWEEDS?** Contact local native plant growers or your local Wild Ones chapter for information on their plant sales. You can also order from Monarch Watch's Bring Back the Monarchs program: [monarchwatch.org/bring-back-the-monarchs](http://monarchwatch.org/bring-back-the-monarchs)

## OTHER HELPFUL RESOURCES

Monarch Joint Venture: [monarchjointventure.org](http://monarchjointventure.org)

North American Butterfly Association: [nababutterfly.com](http://nababutterfly.com)

- **Bringing Nature Home, How You Can Sustain Wildlife with Native Plants** by Douglas W. Tallamy
- **Urban and Suburban Meadows, Bringing Meadows to Big and Small Spaces!** by Catherine Zimmerman
- **Wild Ones: Wild Ones Journals and The Inside Story** by Janice Stiefel available from the Wild Store
- **Butterfly Gardening: Creating Summer Magic in Your Garden** by The Xerces Society & The Smithsonian Institution
- **Milkweed, Monarchs and More** by Ba Rea, Karen Oberhauser and Michael Quinn, updated 2nd Ed

## Wild for Monarchs

Plant a native butterfly garden  
or Monarch Waystation  
and create your own  
moments to remember





# Planting a Native Plant Butterfly Garden or Monarch Waystation\*?

Butterfly gardeners show they care deeply about the environment and their connection to nature. While providing food and shelter for monarchs and other pollinators, they also help to conserve native plants, reduce habitat fragmentation and increase biodiversity in the landscapes. Healthy ecosystems directly affect the quality of our food, water and air—and what could be more important than that?

## STEPS FOR SUCCESS

**1 Preparation:** Evaluate your site and choose a spot with at least six hours of sunlight. Simply add native plants to an existing garden or replace a patch of lawn. If replacing a lawn, start with a clean planting bed and remove non-native vegetation if necessary. Select plant species that match the light, soil, pH and moisture conditions of your garden plot. See: [wildones.org/learn](http://wildones.org/learn)

**2 Design Considerations:** To be visually appealing, select native plant species of varied heights that bloom at different times. These will provide nectar for adult butterflies throughout the season. Don't forget to include native grasses such as little bluestem (*Schizachyrium scoparium*) not only for contrast, but also to help keep the blooming forbs upright. Enhance your garden with least two types of milkweed for monarchs and additional host species for caterpillars of other butterfly species if you would like. For some species, enhance your garden by adding a butterfly puddling spot and small brush pile for over-wintering species like mourning cloak butterflies. Take a "before" photo of the site.

**3 Plant Selection:** Make a sketch of the planting plan and color-code bloom times for early, mid-season and late flowers. Fall-blossoming, nectar-rich plants are particularly important to migrating monarchs. Make a list of your plant species and check the number needed. Allow for sufficient room between plants as they mature, typically 12" on center. Mulch to provide a weed barrier. Find a reputable native plant nursery that carries plants and seeds from your area (local genotype) and uses best management practices appropriate

for sensitive ecosystems. If seeding, use a nurse crop of annual rye or oats to reduce weed growth.

**4 Maintenance:** At first, water regularly, remove weeds and keep mulched until the garden is established. Be pesticide free since this garden is wildlife food. Some butterfly gardeners cut back some stalks of summer milkweed (late June or early July) to force new leaves for monarch caterpillars—be sure to transfer any eggs or larvae to plants that you don't cut back. Later in the season (August-September), practice benign neglect! In the fall, leave some dead leaves and stalks to provide overwintering sites for pollinators. Update your garden plan. Take an "after" photo of your garden.

**5 Register** your Waystation through [MonarchWatch.org](http://MonarchWatch.org) or [NABA.org](http://NABA.org). If your Waystation or butterfly garden is planted with at least 75% native species, please contact Wild Ones for additional recognition. See contact info in this brochure.

**6 Monitor:** Keep records of monarchs observed. [Monarch jointventure.org](http://MonarchJointventure.org) provides contacts for several monitoring programs. Each week or two, keep track of your observations, such as which plants are preferred by butterflies and other pollinators as host plants and nectar or pollen sources. Take photos of the garden throughout the season and share your favorites on the Wild Ones website. See instructions at right.

**7 Share** your seeds or divisions of plants to help start another butterfly garden! Invite others to visit your garden or Waystation to enjoy the beauty of the butterflies in the natural landscape you have created.

## Why Native Plants Matter

Butterflies and moths depend predominantly on native plants as their larval host plants. In the case of monarchs, milkweed species are critical for their survival. Whenever possible, grow local genotype native plants that have co-evolved in their native habitats with other plants and wildlife, such as insect pollinators. Local genotype native plants are vigorous and hardy. Adapted to their region, they can survive winter cold and summer heat. The deep roots of native plants, especially those of prairie plants, trees and shrubs, hold soil, control erosion and withstand droughts. Native plants, once established, require little watering and better tolerate native pests. To prevent the local extinction of native flora, plants should be purchased from reputable nurseries and not dug from natural areas. For local genotype guidelines: [wildones.org/learn/native-plants-and-landscaping/local-ecotype-guidelines](http://wildones.org/learn/native-plants-and-landscaping/local-ecotype-guidelines)



\*Monarch Waystations is a certification program developed by Monarch Watch in 2005. Its aim is to develop places that provide resources necessary for monarchs to produce successive generations and sustain their migration.

**"Without milkweeds there can be no monarchs"—Douglas W. Tallamy**

## Want to get more involved?

- 🦋 Collect native milkweed seed and encourage others to grow milkweeds. For details: [wildones.org/learn/wild-for-monarchs](http://wildones.org/learn/wild-for-monarchs)
- 🦋 Join local efforts to protect and restore natural areas and monitor pollinators. Encourage land stewards of parks, preserves and wildlife areas to include more milkweed species in their restorations.
- 🦋 Talk to your friends, family and neighbors about the role of pollinators in food production and ecosystem health.
- 🦋 Lots of space? Plant native trees for butterflies and moths including: oak, cherry, willow and hackberry.
- 🦋 Keep outdoor lighting turned off at night—light pollution may be harmful to some pollinators.
- 🦋 Does your state follow a Roadsides for Wildlife program? If not, why not help start one? Work with your township to reduce roadside mowing if there are native species remaining. See: [xerces.org/pollinator-conservation-roadsides](http://xerces.org/pollinator-conservation-roadsides)
- 🦋 Find out about policy issues that affect pollinators and share information with your government representatives.
- 🦋 Join your state's landscape registry to be alerted to use of pesticide/herbicide applications by landscape services.

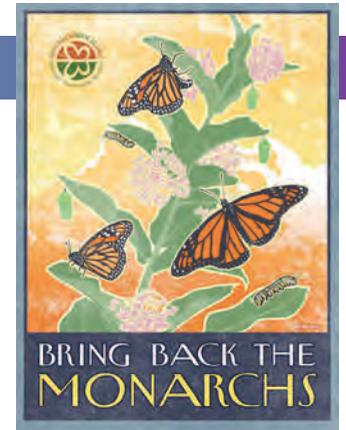


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