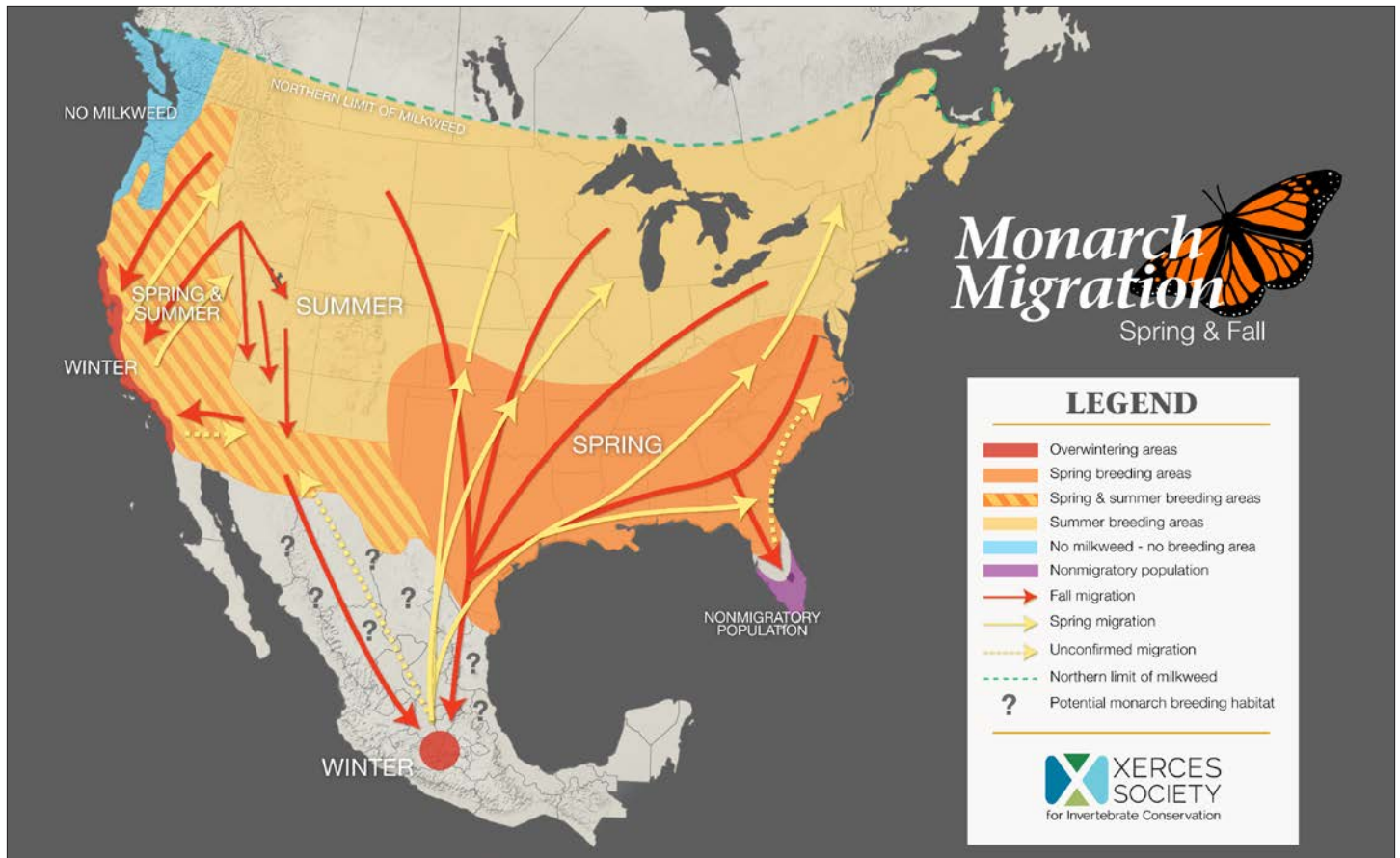


Monarch Butterfly Nectar Plant Lists for Conservation Plantings



Introduction

Monarch butterflies are an iconic part of our natural heritage, heralding the changing seasons as they journey north in spring and south in fall. Monarchs' reliance on milkweeds as host plants for their caterpillars is well known, but they need more than just milkweed. The adults depend on diverse flowers for nectar to fuel them during breeding and on their long migration. By planting milkweed and other nectar-rich wildflowers, and protecting habitat from disturbance, we can help restore monarch populations and ensure that their migration continues.

The Xerces Society works with the Natural Resources Conservation Service (NRCS), farmers, and communities to protect, restore, and plant monarch habitat throughout the United States.

Plant List Notes

Each nectar plant list includes the top 25 species recommended for that region. Although other monarch and pollinator plant lists are available, here we include only plants for which we have documented observations of adult monarchs nectaring. Wherever possible, plants included were reported by multiple sources or noted to be exceptional monarch magnets. Biologists from the Xerces Society, NRCS, U.S. Fish and Wildlife Service, state resource management agencies, universities, and conservation organizations contributed their observations. The lists are constantly evolving as more monarch observations are gathered. You can contribute to this growing body of knowledge. Please add your observations of adult monarchs nectaring at www.xerces.org/monarch-nectar-plants.

Plants included are commercially available, distributed over the entire region (unless otherwise noted), and relatively easy to grow. Each list is tailored to only include species that bloom during the times of year that monarchs are expected to be in each region. In time, the data on monarch nectaring preferences could lead to new seed and plant propagation efforts, and to more effective conservation plantings.

When using these lists, also consider plants listed for adjacent regions if they are also native and have bloom times coinciding with monarch presence in your region. Visit <http://plants.usda.gov> for distributions. Though we are listing individual species (vs. genera), other species in those genera may be equally valuable. This is particularly the case for thistles, goldenrods, and other composites (e.g., asters and sunflowers).

Multiple Benefits

Plantings for monarchs support a huge diversity of wildlife, including bees, butterflies, and other agriculturally beneficial insects such as wasps, flies, beetles, and other natural enemies of crop pests that depend on the same floral resources that monarchs and other pollinators do.

In spring and early summer, most birds feed caterpillars to their young and those caterpillars need native plants to eat. Hummingbirds depend on many of the same flowers that provide nectar for spring and fall migrating monarchs. Fall flowering species like asters, goldenrods, and blazing stars are also vital for pre-hibernation bumble bee queens.

Thank you for planting for pollinators!

Planting Guidelines

For plantings to support monarchs, the Xerces Society and NRCS recommend including at least 1.5% milkweed. Across the U.S., there are about 76 species of milkweed, but only a few are commercially available. Milkweeds also produce abundant nectar that is excellent for adult butterflies, bees and other pollinators, and diverse predators and parasitoids of crop pests.

Choose milkweeds and other plants native to your region, that flower in months when monarchs are present (highlighted in orange on each regional plant list), that fill gaps in blooms available at the planting site, and that are suited to the growing conditions of your site. Use a Pollinator Habitat Assessment Guide or Monarch Wildlife Habitat Evaluation Guide (WHEG) to assess habitat needs in your landscapes (see Additional Resources on p. 3).

What is the best plant for monarchs in addition to milkweed? Plants with the most observations include blazing stars (*Liatris* spp.), beggarticks (*Bidens* spp.), thistles (*Cirsium* spp.), crownbeards or wingstems (*Verbesina* spp.), goldenrods (*Solidago* and *Oligoneuron* spp.), and asters (*Symphotrichum* spp.). Note that native thistles have been decimated inadvertently by efforts to eradicate non-native Canada thistle (*Cirsium arvense*). Our native thistles are not aggressive and are among the best overall pollinator plants in our native floras.

Many monarch nectar plants, like common milkweed (*Asclepias syriaca*), also attract bees and hummingbirds. (Photographs © Dennis Burnette, Carolina Butterfly Society [left] and Debbie Koenigs/USFWS [right].)



Additional Resources

U.S. Department of Agriculture (USDA):

Monarch Resources (including WHEGs)

www.nrcs.usda.gov/monarchs

Pollinator Resources

<http://plants.usda.gov/pollinators/nrcsdocuments.html>

USDA People's Garden

<https://peoplesgarden.usda.gov>

The Xerces® Society for Invertebrate Conservation:

Pollinator Habitat Assessment Guides

www.xerces.org/habitat-assessment-guides

Monarch Conservation

www.xerces.org/monarchs

Monarch Nectar Plant Guides

www.xerces.org/monarch-nectar-plant-guides

Pollinator Conservation

www.xerces.org/pollinator-conservation

Other Sources:

Celebrating Wildflowers (U.S. Forest Service)

www.fs.fed.us/wildflowers

Million Pollinator Garden Challenge

<http://millionpollinatorgardens.org>

Journey North Monarchs

www.learner.org/jnorth/monarchs

Monarch Joint Venture

<http://monarchjointventure.org>

Alternate Host Plants

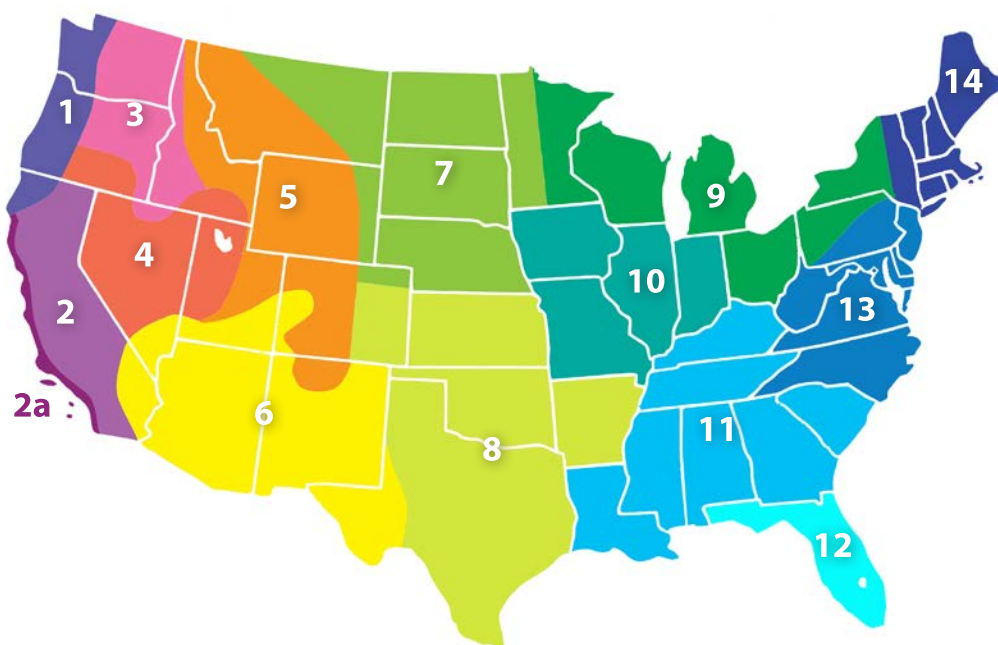
Though milkweeds are the most important larval host plants, monarchs also lay their eggs and successfully develop on some native honeyvines (e.g., *Cynanchum laeve*) and milkvines (*Matalea* spp.; aka moonvine). However, please avoid using non-native species in these genera, because adult monarchs will lay eggs on them but the caterpillars will not feed. This is particularly the case with black swallow-wort (*C. louisea*) and pale swallow-wort (*C. rossicum*).

For more on how you can help monarchs, see p. 18.



Close-up of a monarch egg laid on butterfly milkweed (*Asclepias tuberosa*). (© Eric Heupel/flickr.)

Monarch Nectar Plant List Regions



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REGION 1
MARITIME NORTHWEST



n.w. CA, w. OR, w. WA



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	🌿	🔄	🎨	📏	💧	📍	🦋	📄
<i>Abronia latifolia</i>	Coastal sand verberna			☼	☼	☼	☼	☼	☼	☼	☼			H	P	Y	1'	L/M	📍	1	A
<i>Aesculus californica</i>	California buckeye					☼	☼	☼	☼	☼				S	P	W/Pk	20'	M	📍	2	B
<i>Agastache urticifolia</i>	Nettleleaf giant hyssop					☼	☼	☼						S	P	Pr/R	2'	L	📍	3	C, D
<i>Asclepias cordifolia</i> 🦋	Heartleaf milkweed					☼	☼	☼						H	P	Pk/Pr	3'	L	📍	5	E
<i>Asclepias fascicularis</i> 🦋	Narrow-leaved milkweed					☼	☼	☼						H	P	Pk/W	3'	M	📍	10	F
<i>Asclepias speciosa</i> 🦋	Showy milkweed					☼	☼	☼	☼					H	P	Pk/G/Pr	3'	M	📍	71	G
<i>Baccharis pilularis</i>	Coyotebrush								☼	☼	☼			S	P	W/Y	6'	L	📍	4	E
<i>Ceanothus thyrsiflorus</i>	Blueblossom				☼	☼	☼	☼						S	P	Bl	15'	L	📍	2	
<i>Chamerion angustifolium</i>	Fireweed							☼	☼					H	P	Pk	6'	M	📍	1	
<i>Cirsium occidentale</i>	Cobwebby thistle					☼	☼	☼						H	B	Pk/W/Pr	4'	L	📍	2	
<i>Clematis ligusticifolia</i>	Western white clematis					☼	☼	☼						V	P	W	20'	M	📍	1	
<i>Delphinium glaucum</i>	Sierra larkspur					☼	☼	☼						H	P	Bl/Pr	6'	H	📍	1	
<i>Dichelostemma capitatum</i>	Bluedicks				☼	☼	☼							H	P	Pr	3'	L	📍	3	
<i>Ericameria nauseosa</i>	Rubber rabbitbrush						☼	☼	☼	☼				S	P	Y	8'	L	📍	80	E
<i>Eriogonum umbellatum</i>	Sulphur-flower buckwheat					☼	☼	☼	☼					H	P	Y	3'	L	📍	1	
<i>Helianthus annuus</i>	Common sunflower					☼	☼	☼						H	A	Y	5'	M	📍	18	
<i>Monardella odoratissima</i>	Mountain monardella					☼	☼	☼						H	P	W/Pr	1'	L	📍	2	H
<i>Penstemon procerus</i>	Littleflower penstemon					☼	☼	☼	☼					S	P	Bl/Pr	1'	L	📍	1	
<i>Philadelphus lewisii</i>	Lewis' mock orange					☼	☼	☼						S	P	W	10'	L	📍	1	
<i>Rudbeckia occidentalis</i>	Western coneflower					☼	☼	☼						H	P	Br/G	6'	L/M	📍	2	
<i>Solidago can. var. salebrosa</i>	Rough Canada goldenrod						☼	☼	☼					H	P	Y	7'	M	📍	5	
<i>Symphyotrichum chilense</i>	Pacific aster						☼	☼	☼					H	P	Pr	5'	L	📍	5	
<i>Symphyotrichum hendersonii</i>	Lyll aster						☼	☼	☼					H	P	Bl/Pr	5'	L/M	📍	1	
<i>Verbena lasiostachys</i>	Western vervain				☼	☼	☼	☼	☼					H	P	Pr	3'	L	📍	3	
<i>Wyethia angustifolia</i>	California compassplant					☼	☼	☼						H	P	Y	2'	M	📍	1	E

KEY

- 🦋 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- ☼ **Bloom time:** orange months indicate monarchs are present.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- 🔄 **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- 📏 **Max height** (in feet).
- 💧 **Water needs:** low (L), medium (M) and high (H).
- 📍 **Availability:** seeds available (📍), plants available (🌿).
- 🦋 **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📄 **Photograph:** Monarch caterpillar feeding on milkweed. (© The Xerces Society/Mace Vaughan.)

ADDITIONAL INFORMATION:

- A. Tolerates salt spray.
- B. Toxic to honey bees.
- C. Establishes better from container-grown plants than seed.
- D. Tolerates clay soil and wet conditions.
- E. Drought tolerant.
- F. Tolerates clay soil and wet or dry conditions.
- G. Can be used for streambank stabilization.
- H. Grows best at mid to high elevations in this region.

**REGION 2
CALIFORNIA**



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Form	Life Cycle	Flower Color	Max Height	Water Needs	Availability	Observations	Photograph	Info
<i>Aesculus californica</i>	California buckeye					☼☼	☼							T	P	Pk/W	36'	M	☐☒	2		A
<i>Agastache urticifolia</i>	Nettleleaf giant hyssop					☼☼								H	P	Pr/R	2'	L	☐☒☒	3		B, C
<i>Asclepias cordifolia</i> ☒	Heartleaf milkweed			☼☼	☼☼	☼☼	☼☼							H	P	Pk/Pr	3'	L	☐☒☒	5		
<i>Asclepias fascicularis</i> ☒	Narrow-leaved milkweed					☼☼	☼☼	☼☼	☼☼					H	P	Pk/W	3'	M	☐☒☒	10		D
<i>Asclepias linaria</i> ☒	Pineneedle milkweed				☼☼	☼☼	☼☼	☼☼	☼☼	☼☼				H	P	Pk/W	2'	L	☐☒	1		
<i>Asclepias speciosa</i> ☒	Showy milkweed					☼☼	☼☼							H	P	Pk/G/Pr	3'	M	☐☒☒	71		
<i>Baccharis pilularis</i>	Coyotebrush	☼								☼☼	☼☼			S	P	W/Y	6'	L	☐☒☒	4		E, F
<i>Baccharis sarothroides</i>	Desertbroom	☼☼												S	P	Pk/W	10'	L	☐☒☒	3		E
<i>Bidens laevis</i>	Smooth beggartick							☼☼	☼☼					H	P	Y	3'	H	☐☒	7		C
<i>Cephalanthus occidentalis</i>	Common buttonbush							☼☼	☼☼	☼☼				S	P	W	6'	H	☐☒	11		
<i>Chilopsis linearis</i>	Desert willow					☼☼	☼☼							T	P	Pk/W	25'	L	☐☒	2		
<i>Cirsium occidentale</i>	Cobwebby thistle					☼☼	☼☼							H	B	Pk/W/Pr	4'	L	☐☒	2		
<i>Dichelostemma capitatum</i>	Bluedicks		☼☼	☼☼										H	P	Pr	3'	L	☐☒	3		
<i>Ericameria nauseosa</i>	Rubber rabbitbrush						☼☼	☼☼	☼☼					S	P	Y	8'	L	☐☒☒	80		F
<i>Eriodictyon tomentosum</i>	Woolly yerba santa					☼☼	☼☼							S	P	W	2'	L	☐☒	1		
<i>Eriogonum umbellatum</i>	Sulphur-flower buckwheat							☼☼	☼☼	☼☼				H	P	Y	2'	L	☐☒	1		
<i>Helianthus annuus</i>	Common sunflower					☼☼	☼☼	☼☼						H	A	Y	5'	M	☐☒	18		
<i>Helianthus gracilentus</i>	Slender sunflower					☼☼	☼☼	☼☼	☼☼					H	P	Y/O	1'	L	☐☒☒	1		
<i>Justicia californica</i>	Beloperone			☼☼	☼☼	☼☼								S	P	R/Y/O	6'	L	☐☒	1		
<i>Monardella odoratissima</i>	Mountain monardella					☼☼	☼☼	☼☼						H	P	W/Pr	1'	L	☐☒	2		G
<i>Monardella villosa</i>	Coyote mint					☼☼	☼☼	☼☼						H	P	Pk/Pr	2'	L	☐☒	2		H
<i>Ribes aureum</i>	Golden currant				☼☼									S	P	Y	6'	L	☐☒	2		I, J
<i>Solidago velutina</i> ssp. <i>californica</i>	California goldenrod					☼☼	☼☼	☼☼	☼☼	☼☼				H	P	Y	3'	L	☐☒☒	1		
<i>Symphotrichum chilense</i>	Pacific aster						☼☼	☼☼						H	P	Y/V	4'	L	☐☒	5		D
<i>Verbena lasiostachys</i>	Western vervain				☼☼	☼☼	☼☼	☼☼	☼☼					H	P	Pr	3'	L	☐☒☒	3		D

KEY

- ☒ **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- ☼ **Bloom time:** orange months indicate monarchs are present.
- ☐☒ **Form:** herb (H), shrub (S), vine (V), tree (T).
- ☐☒☒ **Lifecycle:** annual (A), biennial (b), perennial (P).
- ☐☒☒☒ **Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- ☐☒☒☒ **Max height** (in feet).
- ☐☒☒☒ **Water needs:** low (L), medium (M) and high (H).
- ☐☒☒☒ **Availability:** seeds available (☐), plants available (☒).
- ☐☒☒☒ **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- ☐☒☒☒ **Photograph:** Monarch nectaring on *Baccharis* sp. (© J. Maughn/flickr.)

ADDITIONAL INFORMATION:

- A. Toxic to honey bees.
- B. Establishes better from container-grown plants than seed.
- C. Tolerates clay soil and wet conditions
- D. Tolerates clay soil and wet or dry conditions.
- E. Can be used for streambank stabilization.
- F. Drought tolerant.
- G. Grows best at mid to high elevations in this region.
- H. Requires good drainage.
- I. Edible fruit.
- J. Tolerates sand and seasonal flooding.

**REGION 2A
CALIFORNIA COAST**



OVERWINTERING SITES



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Form	Lifecycle	Flower color	Max height	Water needs	Availability	Observations	Photograph	
<i>Abronia latifolia</i>	Coastal sand verbena			☼	☼	☼	☼	☼	☼	☼	☼			H	P	Y	1'	L/M	☐	☑	1	A, B
<i>Arctostaphylos morroensis</i>	Morro manzanita	☼	☼	☼									☼	S	P	Pk/W	20'	L	☑	☑	2	C, D
<i>Arctostaphylos refugioensis</i>	Refugio manzanita	☼	☼	☼									☼	S	P	W	7'	L	☑	☑	1	C, D
<i>Baccharis douglasii</i>	Saltmarsh baccharis						☼	☼	☼	☼	☼			S	P	W	3'	M/H	☑	☑	2	
<i>Baccharis pilularis</i>	Coyotebrush	☼								☼	☼	☼		S	P	Y/W	8'	L	☑	☑	4	E
<i>Baccharis sarothroides</i>	Desertbroom	☼	☼											S	P	Pk/W	10'	L	☑	☑	3	F
<i>Ceanothus thyrsiflorus</i>	Blueblossom			☼	☼	☼								S	P	Bl	15'	L	☑	☑	2	G
<i>Cleome isomeris</i>	Bladderpod spiderflower	☼	☼	☼	☼	☼	☼					☼	☼	S	P	Y	4'	L	☑	☑	1	A
<i>Corethrogyne filaginifolia</i>	Common sandaster						☼	☼	☼	☼	☼			H	P	Y/Pr	3'	L/M	☑	☑	1	H
<i>Dichelostemma capitatum</i>	Bluedicks		☼	☼	☼									H	P	Pr	3'	L	☑	☑	3	
<i>Encelia californica</i>	California brittlebush		☼	☼	☼	☼								S	P	Y	4'	L/M	☑	☑	1	A, F
<i>Ericameria ericoides</i>	California goldenbush									☼	☼	☼		S	P	Y	3'	L/M	☑	☑	1	
<i>Erigeron glaucus</i>	Seaside fleabane	☼	☼	☼	☼	☼	☼	☼						H	P	Pr	2'	L/M	☑	☑	1	
<i>Eurybia radulina</i>	Roughleaf aster						☼	☼	☼	☼				H	P	Pr	2'	M	☑	☑	1	E
<i>Euthamia occidentalis</i>	Western goldentop							☼	☼	☼				H	P	Y	6'	M/H	☑	☑	8	
<i>Lepidospartum squamatum</i>	California broomsage							☼	☼	☼	☼			S	P	Y	6'	L/M	☑	☑	1	F
<i>Lobelia dunnii</i> var. <i>serrata</i>	Dunn's lobelia						☼	☼	☼	☼				H	P	Pr	2'	H	☑	☑	1	
<i>Monardella villosa</i>	Coyote mint					☼	☼	☼						S	P	Bl/Pr	6'	L	☑	☑	2	B
<i>Pluchea odorata</i>	Sweetscent					☼	☼	☼	☼	☼				H	P	Pk/Pr	3'	L	☑	☑	2	A
<i>Prunus ilicifolia</i>	Hollyleaf cherry		☼	☼	☼									T	P	Y/W	14'	L	☑	☑	2	G
<i>Rhus integrifolia</i>	Sugar sumac		☼	☼	☼	☼								S	P	Pk	8'	L/M	☑	☑	1	F, G
<i>Salix lasiolepis</i>	Arroyo willow		☼	☼	☼	☼								T	P	Y/W	20'	H	☑	☑	2	I
<i>Salvia mellifera</i>	Black sage			☼	☼	☼	☼							S	P	Bl/Pr	6'	L	☑	☑	1	G
<i>Senecio blochmaniae</i>	Dune ragwort				☼	☼	☼	☼	☼					S	P	Y	3'	L/M	☑	☑	2	B
<i>Solidago velutina</i> ssp. <i>californica</i>	California goldenrod						☼	☼	☼	☼				H	P	Y	3'	L	☑	☑	1	

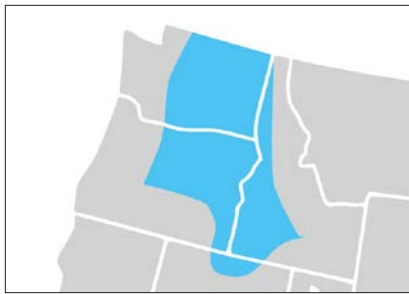
KEY

- Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- Bloom time:** orange months indicate monarchs are present.
- Form:** herb (H), shrub (S), vine (V), tree (T).
- Lifecycle:** annual (A), biennial (b), perennial (P).
- Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- Max height** (in feet).
- Water needs:** low (L), medium (M) and high (H).
- Availability:** seeds available (☐), plants available (☑).
- Observations:** the number of observations received of monarch adults nectaring across their entire range.
- Photograph:** Monarch nectaring on plum (*Prunus* sp.) (© T.J. Gehling/flickr.)

ADDITIONAL INFORMATION:

- A. Tolerates saltwater spray or saline soils.
- B. Grows best with sandy soils or good drainage.
- C. Limited distribution
- D. On CA rare/threatened/endangered list.
- E. Drought tolerant.
- F. Can be used for streambank or slope stabilization.
- G. Seeds/fruit eaten by wildlife.
- H. Host plant for Gabb's checkerspot (*Chlosyne gabbii*) butterfly.
- I. Tolerates sand and seasonal flooding.

**REGION 3
INLAND NORTHWEST**



W. ID, N.E. OR, E. WA



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Form	Life Cycle	Flower Color	Max Height	Water Needs	Availability	Observations	Photograph	
<i>Agastache urticifolia</i>	Nettleleaf giant hyssop						☼	☼	☼					H	P	Pr/R	2'	L	☐	3	A, B	📷
<i>Asclepias cordifolia</i>	Heartleaf milkweed			☼	☼	☼	☼	☼						H	P	Pk/Pr	3'	L	☐	5		📷
<i>Asclepias fascicularis</i>	Narrow-leaved milkweed						☼	☼	☼					H	P	Pk/W	3'	M	☐	10	C	📷
<i>Asclepias speciosa</i>	Showy milkweed						☼	☼	☼					H	P	Pk/G/Pr	3'	M	☐	71		📷
<i>Chrysothamnus viscidiflorus</i>	Yellow rabbitbrush								☼	☼	☼			S	P	Y	3'	L	☐	1		📷
<i>Cirsium occidentale</i>	Cobwebby thistle					☼	☼	☼						H	B	Pk/W/Pr	4'	L	☐	2		—
<i>Cleome lutea</i>	Yellow spiderflower					☼	☼							H	A	Y	3'	L	☐	3		📷
<i>Dasiphora fruticosa</i>	Shrubby cinquefoil				☼	☼								S	P	Y	4'	M	☐	2		📷
<i>Ericameria nauseosa</i>	Rubber rabbitbrush							☼	☼	☼				S	P	Y	6'	L	☐	80	D	📷
<i>Eriogonum elatum</i>	Tall woolly buckwheat					☼	☼							H	P	W	4'	L	☐	1		📷
<i>Eriogonum umbellatum</i>	Sulphur-flower buckwheat						☼	☼	☼					H	P	W/Y	2'	L	☐	1		📷
<i>Euthamia occidentalis</i>	Western goldentop							☼	☼	☼				H	P	Y	6'	M/H	☐	8		📷
<i>Gaillardia aristata</i>	Blanketflower						☼	☼	☼					H	P	R/Y	2'	L	☐	1		📷
<i>Helianthus annuus</i>	Common sunflower						☼	☼	☼					H	A	Y	5'	M	☐	18		📷
<i>Helianthus n. ssp. nuttallii</i>	Nuttall's sunflower						☼	☼						H	P	Y	10'	M/H	☐	1		📷
<i>Monardella odoratissima</i>	Mountain monardella						☼	☼	☼					H	P	W/Bl/Pr	1'	L	☐	2		📷
<i>Penstemon speciosus</i>	Royal penstemon						☼	☼						H	P	Bl	3'	L	☐	1		📷
<i>Prunus virginiana var. melanocarpa</i>	Black chokecherry					☼	☼							T	P	W	20'	M	☐	1	E, F	📷
<i>Rosa woodsii var. ultramontana</i>	Woods' rose					☼	☼	☼						S	P	Pk	6'	L/M	☐	1	F	📷
<i>Rudbeckia occidentalis</i>	Western coneflower						☼	☼	☼	☼				H	P	Y/G	7'	M	☐	2		📷
<i>Salix lasiolepis</i>	Arroyo willow	☼	☼	☼	☼	☼	☼							T	P	Y/Pr	16'	M	☐	2	G, H	📷
<i>Salvia dorrii</i>	Purple sage					☼	☼	☼						H	P	Bl	3'	M	☐	1	D	📷
<i>Solidago canadensis</i>	Canada goldenrod							☼	☼	☼				H	P	Y	5'	M	☐	109	D	—
<i>Solidago missouriensis</i>	Missouri goldenrod							☼	☼	☼				H	P	Y	3'	L	☐	3		📷
<i>Symphotrichum chilense</i>	Pacific aster							☼	☼					H	P	Y/V	4'	L	☐	5		📷

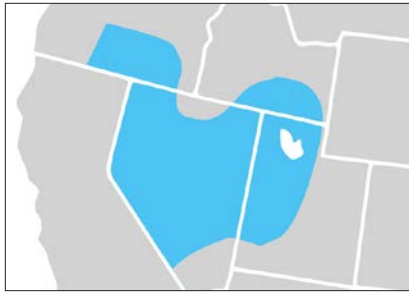
KEY

- 🦋 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- ☼ **Bloom time:** orange months indicate monarchs are present.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- 🔄 **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- 📏 **Max height** (in feet).
- 💧 **Water needs:** low (L), medium (M) and high (H).
- 📍 **Availability:** seeds available (☐), plants available (📷).
- 👁️ **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📷 **Photograph:** Monarch caterpillar on showy milkweed. (© Tom Koerner, USFWS/flickr.)

ADDITIONAL INFORMATION:

- A. Establishes better from container-grown plants than seed.
- B. Tolerates clay soil and wet conditions.
- C. Tolerates clay soil and wet or dry conditions.
- D. Drought tolerant.
- E. Seeds are toxic (contain cyanide).
- F. Birds eat fruit.
- G. Tolerates sand and seasonal flooding.
- H. Good for erosion control.

**REGION 4
GREAT BASIN**



NV, S.E. OR, E. UT



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	🌿	♻️	🎨	📏	💧	📍	🦋	📄
<i>Agastache urticifolia</i>	Nettleleaf giant hyssop						🌸	🌸	🌸					H	P	Pr/R	2'	M	📍	3	A, B
<i>Asclepias fascicularis</i>	Narrow-leaved milkweed						🌸	🌸	🌸					H	P	Pk/W	3'	M	📍	10	C
<i>Asclepias speciosa</i>	Showy milkweed						🌸	🌸	🌸	🌸				H	P	Pk/G/Pr	3'	M	📍	71	
<i>Chamerion angustifolium</i>	Fireweed							🌸	🌸					H	P	Pk	7'	M	📍	1	D
<i>Chrysothamnus viscidiflorus</i>	Yellow rabbitbrush							🌸	🌸	🌸				S	P	O/Y	3'	L	📍	1	
<i>Clematis ligusticifolia</i>	Western white clematis						🌸	🌸	🌸					V	P	W	20'	M	📍	1	
<i>Cleome lutea</i>	Yellow spiderflower						🌸	🌸						H	A	Y	3'	L	📍	3	
<i>Cleome serrulata</i>	Rocky Mountain beeplant						🌸	🌸	🌸					H	A	W/Pk	4'	M	📍	1	
<i>Ericameria nauseosa</i>	Rubber rabbitbrush						🌸	🌸	🌸	🌸				S	P	Y	5'	L	📍	80	E
<i>Eriogonum umbellatum</i>	Sulphur-flower buckwheat						🌸	🌸	🌸					H	P	W/Y	3'	L	📍	1	
<i>Erysimum capitatum</i>	Sanddune wallflower						🌸	🌸						H	B	R/O/Y	2'	L	📍	1	E
<i>Helianthus annuus</i>	Common sunflower						🌸	🌸	🌸	🌸				H	A	Y	8'	M	📍	18	
<i>Helianthus n. ssp. nuttallii</i>	Nuttall's sunflower							🌸	🌸					H	P	Y	10'	M/H	📍	1	
<i>Heliotropium curassavicum</i>	Salt heliotrope			🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸			H	A	W	1'	M	📍	1	F
<i>Mertensia ciliata</i>	Tall fringed bluebells						🌸	🌸						H	P	Bl	3'	H	📍	1	
<i>Monardella odoratissima</i>	Mountain monardella						🌸	🌸	🌸					H	P	W/Bl/Pr	1'	M	📍	2	G
<i>Penstemon speciosus</i>	Royal penstemon						🌸	🌸	🌸					H	P	Bl	2'	L	📍	1	
<i>Prunus virginiana var. melanocarpa</i>	Black chokecherry						🌸	🌸						T	P	W	40'	L/M	📍	1	H, I
<i>Rosa woodsii var. ultramontana</i>	Woods' rose						🌸	🌸	🌸					S	P	Pk	3'	M	📍	1	H
<i>Salix lasiolepis</i>	Arroyo willow	🌸	🌸	🌸	🌸	🌸	🌸	🌸						T	P	Y/Pr	16'	M	📍	2	J, K
<i>Salvia dorrii</i>	Purple sage						🌸	🌸						S	P	Bl/Pr	3'	M	📍	1	
<i>Solidago canadensis</i>	Canada goldenrod									🌸	🌸	🌸		H	P	Y	5'	M	📍	109	E
<i>Solidago spectabilis</i>	Nevada goldenrod							🌸	🌸	🌸				H	P	Y	6.5'	M	📍	1	
<i>Sphaeralcea ambigua</i>	Desert globemallow		🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸			H	P	O	3'	L	📍	1	E, L
<i>Symphotrichum lanceolatum</i>	White panicle aster							🌸	🌸					H	P	W/Pk/Pr	5'	M	📍	11	

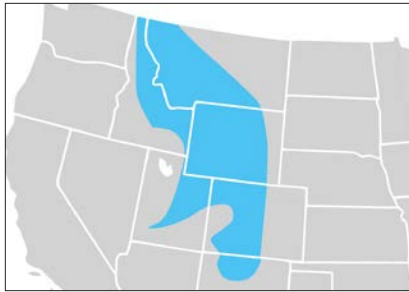
KEY

- 🦋 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌸 **Bloom time:** orange months indicate monarchs are present.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- ♻️ **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- 📏 **Max height** (in feet).
- 💧 **Water needs:** low (L), medium (M) and high (H).
- 📍 **Availability:** seeds available (📍), plants available (🌿).
- 🦋 **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📄 **Photograph:** Monarch on narrow-leaved milkweed. (© Eric Eldredge, USDA-NRCS.)

ADDITIONAL INFORMATION:

- A. Establishes better from container-grown plants than seed.
- B. Tolerates clay soil and wet conditions.
- C. Tolerates clay soil and wet or dry conditions.
- D. Can be aggressive in moist gardens.
- E. Drought tolerant.
- F. Tolerates saline or alkaline soils.
- G. Needs regular water and full sun for best flowering.
- H. Birds eat fruit.
- I. Edible fruit used dried, for jelly, or pie.
- J. Tolerates sand and seasonal flooding.
- K. Good for erosion control.
- L. May be short-lived, but usually self-seeds.

**REGION 5
ROCKY MOUNTAINS**



w. CO, E. ID, w. MT, E. UT, w. WY



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC								
<i>Agastache urticifolia</i>	Nettleleaf giant hyssop						☼	☼	☼					H	P	<u>Pr/R</u>	5'	M		3	A, B
<i>Asclepias incarnata</i>	Swamp milkweed						☼	☼	☼	☼				H	P	<u>Pk</u>	4'	M		76	
<i>Asclepias speciosa</i>	Showy milkweed					☼	☼	☼	☼					H	P	<u>Pk/G/Pr</u>	4'	L/M		71	
<i>Asclepias tuberosa</i>	Butterfly milkweed					☼	☼	☼	☼					H	P	<u>O/Y</u>	2'	L		99	
<i>Cirsium flodmanii</i>	Flodman's thistle						☼	☼	☼					H	P	<u>W/Pr</u>	3'	M		1	
<i>Chrysothamnus viscidiflorus</i>	Yellow rabbitbrush						☼	☼	☼	☼				S	P	<u>O/Y</u>	3'	L		1	C
<i>Cleome serrulata</i>	Rocky Mountain beeplant							☼	☼					H	A	<u>W/Pr</u>	4'	L/M		1	D
<i>Ericameria nauseosa</i>	Rubber rabbitbrush						☼	☼	☼	☼				S	P	<u>Y</u>	8'	L		80	E
<i>Eriogonum umbellatum</i>	Sulphur-flower buckwheat						☼	☼	☼					H	P	<u>W/Y</u>	2'	L		1	E
<i>Euthamia occidentalis</i>	Western goldentop							☼	☼	☼				H	P	<u>Y</u>	6'	M/H		8	F
<i>Eutrochium maculatum</i>	Spotted Joe Pye weed							☼	☼	☼				H	P	<u>Pk/Pr</u>	6'	M/H		12	
<i>Gaillardia aristata</i>	Blanketflower							☼	☼	☼				H	P	<u>R/Y</u>	3'	L/M		1	E
<i>Helianthus annuus</i>	Common sunflower							☼	☼	☼				H	A	<u>Y</u>	8'	M		18	
<i>Helianthus maximiliani</i>	Maximiliani sunflower							☼	☼	☼	☼			H	P	<u>Y/Br</u>	10'	M		56	
<i>Helianthus tuberosus</i>	Jerusalem artichoke							☼	☼	☼				H	P	<u>R/Pk/Y</u>	10'	L		20	
<i>Liatis ligulistylis</i>	Rocky Mountain blazing star							☼	☼	☼				H	P	<u>Pk/Pr</u>	6'	M	—	10	D, G
<i>Liatis punctata</i>	Dotted blazing star							☼	☼	☼				H	P	<u>Pk/Pr</u>	2'	L		32	E
<i>Mertensia ciliata</i>	Tall fringed bluebells						☼	☼	☼					H	P	<u>Bl</u>	3'	H		1	
<i>Penstemon procerus</i>	Littleflower penstemon							☼	☼					S	P	<u>Bl/Pr</u>	2'	L		1	E
<i>Rosa woodsii</i> var. <i>ultramontana</i>	Woods' rose					☼	☼	☼	☼					S	P	<u>Pk</u>	5'	L/M		1	H
<i>Rudbeckia occidentalis</i>	Western coneflower						☼	☼	☼	☼	☼			H	P	<u>Y/G</u>	6'	M/H		2	
<i>Senecio spartioides</i>	Broom-like ragwort					☼	☼	☼	☼	☼				H	P	<u>Y</u>	3'	M		5	E
<i>Solidago canadensis</i>	Canada goldenrod								☼	☼	☼			H	P	<u>Y</u>	5'	D		109	E
<i>Solidago missouriensis</i>	Missouri goldenrod								☼	☼	☼			H	P	<u>Y</u>	3'	L/M		3	E
<i>Verbena hastata</i>	Swamp verbena						☼	☼	☼					H	B	<u>Bl/Pr</u>	5'	M/H		5	I

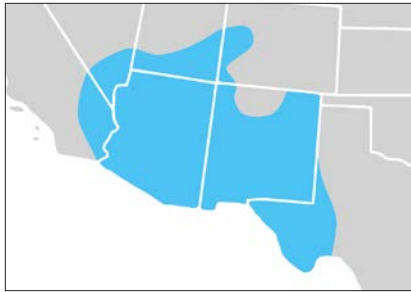
KEY

- Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- Bloom time:** orange months indicate monarchs are present.
- Form:** herb (H), shrub (S), vine (V), tree (T).
- Lifecycle:** annual (A), biennial (b), perennial (P).
- Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- Max height** (in feet).
- Water needs:** low (L), medium (M) and high (H).
- Availability:** seeds available () , plants available () .
- Observations:** the number of observations received of monarch adults nectaring across their entire range.
- Photograph:** Monarch on Rocky Mountain blazing star (© The Xerces Society/Sarah Foltz Jordan).

ADDITIONAL INFORMATION:

- A. Establishes better from container-grown plants than seed.
- B. Tolerates clay soil and wet conditions.
- C. Host for northern checkerspot (*Chlosyne palla*) butterfly.
- D. Birds eat seeds.
- E. Drought tolerant.
- F. Wetland/riparian.
- G. Do not over water.
- H. Best with adequate moisture, but drought tolerant.
- I. Host for common buckeye (*Junonia coenia*) butterfly.

**REGION 6
SOUTHWEST**



AZ, NM, w. TX



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	V	↻	🎨	📏	💧	📍	🦋	📄	
<i>Asclepias asperula</i> 🦋	Spider milkweed				🌸	🌸	🌸	🌸	🌸					H	P	<u>W/G</u>	2'	M	📍	🦋	2	
<i>Baccharis salicifolia</i>	Mule-fat			🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	S	P	<u>W/Pk</u>	10'	M	📍	🦋	3	
<i>Baccharis sarothroides</i>	Desertbroom	🌸	🌸							🌸	🌸	🌸	🌸	S	P	<u>Y</u>	12'	L/M	📍	🦋	3	A
<i>Bebbia juncea</i>	Sweetbush				🌸	🌸	🌸	🌸						S	P	<u>O/Y</u>	4'	L	📍	🦋	2	
<i>Berlandiera lyrata</i>	Lyreleaf greeneyes				🌸	🌸	🌸	🌸	🌸	🌸				H	A	<u>Y</u>	2'	L	📍	🦋	1	B
<i>Bidens laevis</i>	Smooth beggartick							🌸	🌸					H	A	<u>Y</u>	3'	H	📍	🦋	7	C
<i>Cephalanthus occidentalis</i>	Common buttonbush					🌸	🌸	🌸	🌸					S	P	<u>W</u>	12'	H	📍	🦋	11	
<i>Chilopsis linearis</i>	Desert willow				🌸	🌸	🌸	🌸	🌸					T	P	<u>W/Pk/Pr</u>	30'	L	📍	🦋	2	
<i>Cirsium arizonicum</i>	Arizona thistle					🌸	🌸	🌸	🌸	🌸				H	B	<u>R/Pk/Pr</u>	4'	L	📍	🦋	1	D
<i>Conoclinium coelestinum</i>	Blue mistflower						🌸	🌸	🌸	🌸	🌸			H	P	<u>Bl/Pr</u>	3'	M	📍	🦋	10	E
<i>Ericameria nauseosa</i>	Rubber rabbitbrush						🌸	🌸	🌸	🌸	🌸			S	P	<u>Y</u>	6'	L	📍	🦋	80	F
<i>Eupatorium serotinum</i>	Lateflowering thoroughwort									🌸	🌸	🌸		H	P	<u>W</u>	6'	M	📍	🦋	171	G
<i>Glandularia gooddingii</i>	Southwestern mock vervain				🌸	🌸	🌸							H	P	<u>Pk/Pr</u>	1'	L	📍	🦋	1	H
<i>Helianthus annuus</i>	Common sunflower						🌸	🌸	🌸	🌸				H	A	<u>Y</u>	8'	M	📍	🦋	18	
<i>Liatris punctata</i> var. <i>mucronata</i>	Cusp blazing star							🌸	🌸	🌸	🌸			H	P	<u>Pk/Pr</u>	3'	L	📍	🦋	7	
<i>Mahonia haematocarpa</i>	Red barberry		🌸	🌸	🌸	🌸								S	P	<u>Y</u>	12'	L	📍	🦋	1	
<i>Prosopis velutina</i>	Velvet mesquite				🌸	🌸	🌸							T	P	<u>W/Y</u>	30'	L	📍	🦋	2	I
<i>Rhus ovata</i>	Sugar sumac				🌸	🌸								S	P	<u>W/Pk</u>	6'	L	📍	🦋	1	D
<i>Robinia neomexicana</i>	New Mexican locust				🌸	🌸	🌸	🌸						S	P	<u>Pk</u>	10'	L	📍	🦋	2	
<i>Senecio</i> f. var. <i>flaccidus</i>	Threadleaf ragwort			🌸	🌸	🌸								S	P	<u>Y</u>	4'	L	📍	🦋	1	J
<i>Sphaeralcea ambigua</i>	Desert globemallow			🌸	🌸	🌸	🌸							H	P	<u>O</u>	3'	L	📍	🦋	1	D
<i>Trifolium pinetorum</i>	Woods clover				🌸	🌸	🌸	🌸	🌸	🌸				H	A	<u>Pk/Pr</u>	1'	M	📍	🦋	1	
<i>Verbena macdougalii</i>	MacDougal verbena					🌸	🌸	🌸	🌸					H	P	<u>Pr</u>	3'	M	📍	🦋	1	
<i>Verbesina encelioides</i>	Golden crownbeard					🌸	🌸	🌸	🌸					H	A	<u>Y</u>	5'	L	📍	🦋	577	
<i>Viguiera dentata</i>	Toothleaf goldeneye									🌸	🌸			H	P	<u>Y</u>	6'	M	📍	🦋	1	D

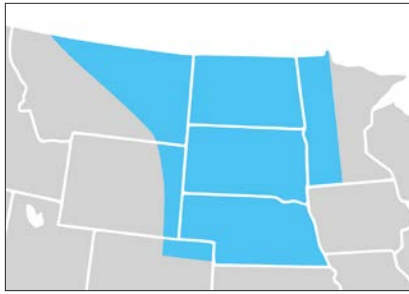
KEY

- 🦋 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌸 **Bloom time:** orange months indicate monarchs are present.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- ↻ **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- 📏 **Max height** (in feet).
- 💧 **Water needs:** low (L), medium (M) and high (H).
- 📍 **Availability:** seeds available (📍), plants available (🌿).
- 🦋 **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📷 **Photograph:** Monarch on blue mistflower. (© The Xerces Society/Anne Stine.)

ADDITIONAL INFORMATION:

- A. Can be used for streambank stabilization.
- B. Blooms year-round in warm weather.
- C. Can be used in bioswales.
- D. Drought tolerant.
- E. Can spread quickly.
- F. Can be invasive in disturbed soils.
- G. Birds eat seeds.
- H. Not as drought tolerant as habitat suggests.
- I. Deep taproot reaches water table.
- J. Good for soil stabilization.

**REGION 7
NORTHERN PLAINS**



W. MN, N.E. MT, NE, ND, SD, E. WY



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC								
<i>Ageratina altissima</i>	White snakeroot													H	P	<u>W</u>	3'	L		3	A
<i>Amorpha canescens</i>	Leadplant													S	P	<u>Bl/Pr</u>	3'	L		6	
<i>Asclepias incarnata</i>	Swamp milkweed													H	P	<u>Pk</u>	4'	M		76	
<i>Asclepias syriaca</i>	Common milkweed													H	P	<u>W/Pr</u>	5'	M		189	
<i>Asclepias tuberosa</i>	Butterfly milkweed													H	P	<u>O/Y</u>	2'	L		99	
<i>Asclepias verticillata</i>	Whorled milkweed													H	P	<u>W</u>	3'	L		196	
<i>Brickellia e. var. eupatorioides</i>	False boneset													H	P	<u>W</u>	4'	L		38	
<i>Cirsium altissimum</i>	Tall thistle													H	B	<u>Pk</u>	10'	L		1,197	B
<i>Dalea candida</i>	White prairie clover													H	P	<u>W</u>	2'	M		3	B
<i>Euthamia g. var. graminifolia</i>	Grass-leaved goldenrod													H	P	<u>Y</u>	6'	M/H		6	C
<i>Eutrochium maculatum</i>	Spotted Joe Pye weed													H	P	<u>Pk/Pr</u>	6'	M/H		12	D
<i>Helianthus annuus</i>	Common sunflower													H	A	<u>Y</u>	8'	M		18	
<i>Helianthus maximiliani</i>	Maximilian sunflower													H	P	<u>Y/Br</u>	10'	L		56	E
<i>Helianthus pauciflorus</i>	Stiff sunflower													H	P	<u>Y</u>	6'	L/M		13	
<i>Heliopsis helianthoides</i>	Smooth oxeye													H	P	<u>Y</u>	5'	L/M		41	
<i>Liatis ligulistylis</i>	Meadow blazing star													H	P	<u>Pk/Pr</u>	5'	M		10	
<i>Monarda fistulosa</i>	Wild bergamot													H	P	<u>W/Pk/Pr</u>	5'	M		57	
<i>Oligoneuron rigidum</i>	Stiff goldenrod													H	P	<u>Y</u>	5'	L/M		204	
<i>Silphium integrifolium</i>	Wholeleaf rosinweed													H	P	<u>Y</u>	6'	L		34	
<i>Solidago canadensis</i>	Canada goldenrod													H	P	<u>Y</u>	5'	M		104	C
<i>Symphotrichum ericoides</i>	White heath aster													H	P	<u>W/Pk/Y</u>	3'	L		33	
<i>Symphotrichum l. var. laeve</i>	Smooth blue aster													H	P	<u>Bl/Pr</u>	4'	M		6	F
<i>Symphotrichum novae-angliae</i>	New England aster													H	P	<u>Pk/Pr</u>	6'	M		36	C
<i>Verbena stricta</i>	Hoary vervain													H	P	<u>Pr</u>	4'	L/M		10	G
<i>Vernonia fasciculata</i>	Prairie ironweed													H	P	<u>Pr</u>	5'	M/H		2	C

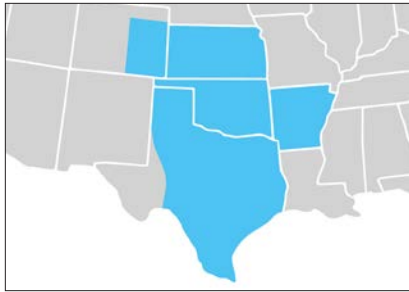
KEY

- Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- Bloom time:** orange months indicate monarchs are present.
- Form:** herb (H), shrub (S), vine (V), tree (T).
- Lifecycle:** annual (A), biennial (b), perennial (P).
- Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- Max height** (in feet).
- Water needs:** low (L), medium (M) and high (H).
- Availability:** seeds available (📦), plants available (🌱).
- Observations:** the number of observations received of monarch adults nectaring across their entire range.
- Photograph:** Monarch on tall thistle. (© The Xerces Society/Jennifer Hopwood.)

ADDITIONAL INFORMATION:

- A. Shade tolerant.
- B. Drought tolerant.
- C. Can be aggressive.
- D. Attractive to rusty patched bumble bee (*Bombus affinis*).
- E. Host for silvery checkerspot (*Chlosyne nycteis*) and bordered patch (*Chlosyne lacinia*) butterflies.
- F. Host for pearl crescent (*Phyciodes tharos*) butterfly.
- G. Host for common buckeye butterfly (*Junonia coenia*) butterfly.

REGION 8
SOUTHERN PLAINS



AR, E. CO, KS, OK, TX



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	V	↻	🎨	📏	💧	📍	🦋	📄	
<i>Asclepias syriaca</i> 🦋	Common milkweed					🌸	🌸	🌸	🌸					H	P	Pk	8'	M	📍	🦋	189	A
<i>Asclepias tuberosa</i> 🦋	Butterfly milkweed			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	O/Y	2'	L	📍	🦋	99	
<i>Asclepias verticillata</i> 🦋	Whorled milkweed			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	W	3'	L	📍	🦋	196	
<i>Asclepias viridis</i> 🦋	Spider milkweed			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	W/G/Pr	2'	L	📍	🦋	105	
<i>Bidens aristosa</i>	Bearded beggarticks							🌸	🌸	🌸				H	A	Y	4'	H	📍	🦋	1,893	
<i>Cephalanthus occidentalis</i>	Common buttonbush			🌸	🌸	🌸	🌸	🌸	🌸	🌸				S	P	W	12'	M	📍	🦋	13	
<i>Conoclinium betonicifolium</i>	Betonyleaf thoroughwort			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	Bl	3'	M	📍	🦋	1	B
<i>Conoclinium coelestinum</i>	Blue mistflower			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	Bl/Pr	3'	M	📍	🦋	10	
<i>Echinacea angustifolia</i>	Blacksamson echinacea				🌸	🌸	🌸	🌸	🌸	🌸				H	P	Pk/Pr	2'	L	📍	🦋	23	C
<i>Eryngium yuccifolium</i>	Button eryngo			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	W	6'	M	📍	🦋	2	D
<i>Eupatorium serotinum</i>	Lateflowering thoroughwort							🌸	🌸	🌸				H	P	W	5'	M	📍	🦋	171	E
<i>Glandularia bipinnatifida</i>	Dakota mock vervain			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	Pr	1'	L/M	📍	🦋	3	
<i>Helenium amarum</i>	Sneezeweed					🌸	🌸	🌸	🌸	🌸				H	A	Y	5'	L	📍	🦋	40	
<i>Helianthus maximiliani</i>	Maximilian sunflower			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	Y/Br	10'	L	📍	🦋	56	D
<i>Lantana urticoides</i>	West Indian shrubverbena	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸				S	P	R/O/Y	3'	L	📍	🦋	51	B
<i>Liatis punctata</i> var. <i>mucronata</i>	Cusp blazing star			🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸	🌸		H	P	Pk/Pr	3'	L	📍	🦋	7	
<i>Liatis pycnostachya</i>	Prairie blazing star							🌸	🌸	🌸				H	P	Pr	5'	M	📍	🦋	23	
<i>Oligoneuron rigidum</i>	Stiff goldenrod			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	Y	4'	L	📍	🦋	204	D
<i>Salvia azurea</i>	Pitcher sage				🌸	🌸	🌸	🌸	🌸	🌸	🌸			H	P	W/Bl	5'	L	📍	🦋	4	
<i>Silphium laciniatum</i>	Compassplant			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	P	Y	12'	L	📍	🦋	6	F
<i>Solidago nemoralis</i>	Gray goldenrod							🌸	🌸	🌸				H	P	Y	2'	M	📍	🦋	3	F
<i>Solidago petiolaris</i>	Downy ragged goldenrod							🌸	🌸	🌸	🌸			H	P	Y	3'	L/M	📍	🦋	60	
<i>Symphotrichum ericoides</i>	White heath aster							🌸	🌸	🌸				H	P	W/Pk/Y	3'	L	📍	🦋	33	
<i>Verbesina encelioides</i>	Golden crownbeard			🌸	🌸	🌸	🌸	🌸	🌸	🌸				H	A	Y	3'	L	📍	🦋	577	
<i>Verbesina virginica</i>	White crownbeard							🌸	🌸	🌸				H	B	W	6'	L/M	📍	🦋	211	

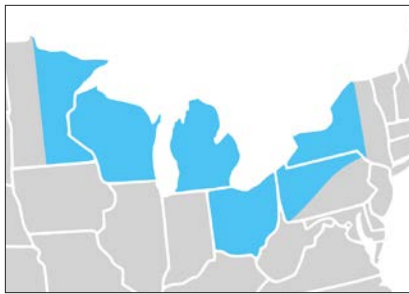
KEY

- 🦋 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌸 **Bloom time:** orange months indicate monarchs are present.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- ↻ **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- 📏 **Max height** (in feet).
- 💧 **Water needs:** low (L), medium (M) and high (H).
- 📍 **Availability:** seeds available (📦), plants available (🌱).
- 🦋 **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📷 **Photograph:** Monarch on prairie blazing star. (© Scott Seigfreid.)

ADDITIONAL INFORMATION:

- A. Natural distribution in AR, KS, and OK (not TX). *A. sullivanti* also excellent (found in OK and KS).
- B. Natural distribution limited to TX.
- C. Grows best in alkaline soils with good drainage.
- D. Can be aggressive.
- E. Birds eat seeds.
- F. Drought tolerant.

**REGION 9
GREAT LAKES**



MI, E. MN, W. NY, OH, N.W. PA, WI



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC									
<i>Asclepias incarnata</i>	Swamp milkweed													H	P	Pk	4'	M			76	
<i>Asclepias syriaca</i>	Common milkweed													H	P	W/Pr	5'	M			189	
<i>Asclepias tuberosa</i>	Butterfly milkweed													H	P	O/Y	2'	L			99	
<i>Asclepias verticillata</i>	Whorled milkweed													H	P	W	3'	L			196	
<i>Cirsium discolor</i>	Field thistle													H	B	Pk/Pr	7'	L			19	
<i>Coreopsis tripteris</i>	Tall tickseed													H	P	Y	7'	L/M			1	A
<i>Echinacea purpurea</i>	Eastern purple coneflower													H	P	Pk/Pr	5'	L			29	B, C
<i>Eupatorium perfoliatum</i>	Common boneset													H	P	W	6'	M/H			9	D
<i>Euthamia graminifolia</i>	Flat-top goldentop													H	P	Y	6'	M			10	
<i>Eutrochium maculatum</i>	Spotted Joe Pye weed													H	P	Pk/Pr	6'	M			12	E
<i>Helianthus grosseserratus</i>	Sawtooth sunflower													H	P	Y	10'	M			11	F
<i>Helianthus maximiliani</i>	Maximilian sunflower													H	P	Y/Br	10'	L			56	G
<i>Heliopsis helianthoides</i>	Smooth oxeye													H	P	Y	5'	L/M			41	
<i>Liatris aspera</i>	Rough blazing star													H	P	Pk/Pr	4'	L			16,451	C
<i>Liatris cylindracea</i>	Ontario blazing star													H	P	Pr	2'	L			45	C
<i>Liatris ligulistylis</i>	Meadow blazing star													H	P	Pk/Pr	5'	M			10	H
<i>Liatris spicata</i>	Dense blazing star													H	P	Pr	4'	M			5	
<i>Monarda fistulosa</i>	Wild bergamot													H	P	W/Pk/Pr	5'	L			57	
<i>Monarda punctata</i>	Spotted beebalm													H	P	W/Pk/Y	3'	L			9	
<i>Oligoneuron rigidum</i>	Stiff goldenrod													H	P	Y	5'	M			204	F
<i>Rudbeckia hirta</i>	Black-eyed Susan													H	B/P	Y	2'	L			8	
<i>Solidago speciosa</i>	Showy goldenrod													H	P	Y	5'	L			6	
<i>Symphotrichum novae-angliae</i>	New England aster													H	P	Pk/Pr	6'	M			36	
<i>Symphotrichum oblongifolium</i>	Skyblue aster													H	P	Pr	2'	L			101	I
<i>Veronicastrum virginicum</i>	Culver's root													H	P	W/Pk/Pr	6'	M			5	

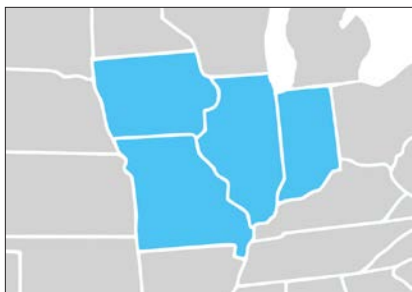
KEY

- Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- Bloom time:** orange months indicate monarchs are present.
- Form:** herb (H), shrub (S), vine (V), tree (T).
- Lifecycle:** annual (A), biennial (b), perennial (P).
- Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- Max height** (in feet).
- Water needs:** low (L), medium (M) and high (H).
- Availability:** seeds available (📦), plants available (🌱).
- Observations:** the number of observations received of monarch adults nectaring across their entire range.
- Photograph:** Monarch on wild bergamot (© The Xerces Society/Sarah Foltz Jordan.)

ADDITIONAL INFORMATION:

- A. Also consider *Coreopsis palmata*.
- B. Deer resistant.
- C. Drought tolerant.
- D. Needs consistent moisture.
- E. Attractive to rusty patched bumble bee (*Bombus affinis*).
- F. May be too aggressive for small areas.
- G. Host for silvery checkerspot (*Chlosyne nycteis*) and bordered patch (*Chlosyne lacinia*) butterflies.
- H. Natural distribution in western part of region. *Liatris punctata* more common in eastern part of region.
- I. Fragrant foliage may deter deer browsing.

**REGION 10
MIDWEST**



IL, IN, IA, MO



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	🌿	🔄	🎨	📏	💧	📍	🦋	📄	
<i>Amorpha canescens</i>	Leadplant						🌸	🌸	🌸					S	P	<u>Bl/Pr</u>	3'	L/M	📍	🦋	6	A
<i>Asclepias incarnata</i> 🦋	Swamp milkweed					🌸	🌸	🌸	🌸					H	P	<u>Pk</u>	4'	M	📍	🦋	76	
<i>Asclepias syriaca</i> 🦋	Common milkweed					🌸	🌸	🌸						H	P	<u>W/Pr</u>	3'	L/M	📍	🦋	189	
<i>Asclepias tuberosa</i> 🦋	Butterfly milkweed					🌸	🌸	🌸						H	P	<u>O/Y</u>	2'	L	📍	🦋	99	A, B
<i>Asclepias verticillata</i> 🦋	Whorled milkweed					🌸	🌸	🌸						H	P	<u>W</u>	3'	L	📍	🦋	196	
<i>Bidens aristosa</i>	Bearded beggarticks					🌸	🌸	🌸						H	A	<u>Y</u>	4'	H	📍	🦋	1,893	
<i>Brickellia eupatorioides</i>	False boneset					🌸	🌸	🌸	🌸					H	P	<u>W</u>	4'	L	📍	🦋	38	
<i>Cephalanthus occidentalis</i>	Common buttonbush					🌸	🌸	🌸						S	P	<u>W</u>	12'	H	📍	🦋	11	C
<i>Cirsium discolor</i>	Field thistle					🌸	🌸	🌸	🌸					H	B	<u>Pk/Pr</u>	7'	L	📍	🦋	19	
<i>Coreopsis palmata</i>	Stiff tickseed					🌸	🌸	🌸						H	P	<u>Y</u>	3'	L/M	📍	🦋	11	A
<i>Echinacea pallida</i>	Pale purple coneflower					🌸	🌸							H	P	<u>Pk/Pr</u>	3'	L	📍	🦋	23	A
<i>Echinacea purpurea</i>	Eastern purple coneflower					🌸	🌸	🌸						H	P	<u>Pk/Pr</u>	5'	M	📍	🦋	29	A, D
<i>Eupatorium altissimum</i>	Tall thoroughwort						🌸	🌸	🌸					H	P	<u>W</u>	6'	L/M	📍	🦋	5	A
<i>Helianthus grosseserratus</i>	Sawtooth sunflower					🌸	🌸	🌸	🌸	🌸				H	P	<u>Y</u>	10'	M	📍	🦋	11	
<i>Helianthus maximiliani</i>	Maximilian sunflower						🌸	🌸	🌸					H	P	<u>Y/Br</u>	10'	L	📍	🦋	56	D
<i>Liatris aspera</i>	Tall blazing star					🌸	🌸	🌸	🌸					H	P	<u>Pk/Pr</u>	3'	L	📍	🦋	16,451	A
<i>Liatris cylindracea</i>	Ontario blazing star						🌸	🌸	🌸					H	P	<u>Pr</u>	2'	L/M	📍	🦋	45	
<i>Liatris pycnostachya</i>	Prairie blazing star					🌸	🌸	🌸						H	P	<u>Pr</u>	5'	M	📍	🦋	23	E
<i>Monarda fistulosa</i>	Wild bergamot						🌸	🌸	🌸					H	P	<u>Pk/Pr</u>	5'	L/M	📍	🦋	57	
<i>Oligoneuron r. var. rigidum</i>	Stiff goldenrod					🌸	🌸	🌸	🌸	🌸				H	P	<u>Y</u>	5'	M	📍	🦋	204	D
<i>Pycnanthemum tenuifolium</i>	Slender mountainmint						🌸	🌸	🌸					H	P	<u>W</u>	3'	L	📍	🦋	1	
<i>Rudbeckia hirta</i>	Black-eyed Susan					🌸	🌸	🌸	🌸					H	P	<u>Y</u>	2'	M	📍	🦋	8	A
<i>Symphotrichum novae-angliae</i>	New England aster						🌸	🌸	🌸					H	P	<u>Pk/Pr</u>	6'	M	📍	🦋	36	F
<i>Verbena stricta</i>	Hoary vervain					🌸	🌸	🌸	🌸					H	P	<u>Pr</u>	4'	L/M	📍	🦋	10	G
<i>Veronicastrum virginicum</i>	Culver's root					🌸	🌸	🌸	🌸					H	P	<u>W/Pk/Bl</u>	7'	M/H	📍	🦋	5	

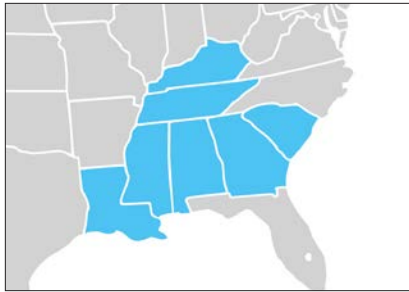
KEY

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- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- 🔄 **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- 📏 **Max height** (in feet).
- 💧 **Water needs:** low (L), medium (M) and high (H).
- 📍 **Availability:** seeds available (📦), plants available (🌱).
- 🦋 **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📷 **Photograph:** Monarch on field thistle. (© The Xerces Society/James Eckberg.)

ADDITIONAL INFORMATION:

- A. Drought tolerant.
- B. Easily grown from seed.
- C. Grows well in wet soils.
- D. Can be aggressive.
- E. Attractive to pink bleeding flower moth (*Schinia sanguinea*).
- F. Tolerates clay soils.
- G. Host for common buckeye (*Junonia coenia*) butterfly.

**REGION 11
SOUTHEAST**



AL, GA, KY, LA, MS, SC, TN



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC								
<i>Aralia spinosa</i>	Devil's walking-stick						☼	☼	☼					S	P	<u>W</u>	20'	M		2	A
<i>Asclepias incarnata</i>	Swamp milkweed				☼	☼	☼	☼	☼					H	P	<u>Pk</u>	4'	M		76	
<i>Asclepias tuberosa</i>	Butterfly milkweed				☼	☼	☼	☼						H	P	<u>O/Y</u>	2'	L		99	
<i>Asclepias verticillata</i>	Whorled milkweed				☼	☼	☼	☼	☼					H	P	<u>W</u>	3'	L		196	
<i>Baccharis halimifolia</i>	Eastern baccharis							☼	☼					S	P	<u>W</u>	15'	M		8	B
<i>Cephalanthus occidentalis</i>	Common buttonbush						☼	☼	☼	☼				S	P	<u>W</u>	12'	M		11	
<i>Cercis canadensis</i>	Eastern redbud		☼	☼	☼									T	P	<u>Pk</u>	30'	L		1	C, D
<i>Cirsium discolor</i>	Field thistle							☼	☼	☼	☼			H	P	<u>Pr</u>	6'	M		19	E
<i>Conoclinium coelestinum</i>	Blue mistflower						☼	☼	☼	☼				H	P	<u>Bl/Pr</u>	3'	M		10	
<i>Phlox paniculata</i>	Garden phlox						☼	☼	☼	☼				T	P	<u>W/Pk</u>	3'	M		1	F
<i>Eutrochium fistulosum</i>	Joe Pye weed						☼	☼	☼	☼				H	P	<u>Pk/Pr</u>	7'	M		5	
<i>Gaillardia pulchella</i>	Beach blanket-flower				☼	☼	☼	☼	☼	☼				H	A/B/P	<u>R/Y</u>	2'	L		2	G
<i>Helianthus angustifolius</i>	Narrowleaf sunflower								☼	☼				H	P	<u>Y</u>	3'	M		2	
<i>Heliopsis helianthoides</i>	Smooth oxeye				☼	☼	☼	☼	☼	☼				H	P	<u>Y</u>	5'	L/M		41	
<i>Liatris spicata</i>	Dense blazing star						☼	☼	☼					H	P	<u>Pr</u>	4'	M		5	
<i>Monarda punctata</i>	Spotted beebalm						☼	☼	☼	☼				H	P	<u>W/Pk/Y</u>	3'	L		9	
<i>Penstemon laevigatus</i>	Eastern smooth beardtongue					☼	☼	☼						H	P	<u>Pk/Pr</u>	3'	M		1	
<i>Rudbeckia hirta</i>	Blackeyed Susan						☼	☼	☼	☼				H	B/P	<u>Y/Br</u>	3'	M		8	H
<i>Pycnanthemum tenuifolium</i>	Slender mountainmint						☼	☼	☼					H	P	<u>W</u>	3'	L		1	
<i>Rhus aromatica</i>	Fragrant sumac		☼	☼	☼	☼								S	P	<u>W</u>	12'	L		1	I
<i>Rhus glabra</i>	Smooth sumac					☼	☼	☼						S	P	<u>W</u>	20'	L		1	I
<i>Solidago sempervirens</i>	Seaside goldenrod							☼	☼	☼	☼			H	P	<u>Y</u>	8'	L		309	B, J
<i>Solidago speciosa</i>	Showy goldenrod							☼	☼	☼				H	P	<u>Y</u>	8'	L		6	J
<i>Verbesina alternifolia</i>	Wingstem							☼	☼					H	P	<u>Y</u>	8'	L/M		1	K
<i>Vernonia gigantea</i>	Giant ironweed							☼	☼	☼				H	P	<u>Pr</u>	8'	M		2	

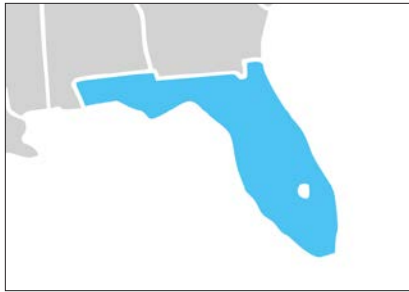
KEY

- Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- Bloom time:** orange months indicate monarchs are present.
- Form:** herb (H), shrub (S), vine (V), tree (T).
- Lifecycle:** annual (A), biennial (b), perennial (P).
- Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- Max height** (in feet).
- Water needs:** low (L), medium (M) and high (H).
- Availability:** seeds available () , plants available () .
- Observations:** the number of observations received of monarch adults nectaring across their entire range.
- Photograph:** Monarch on eastern baccharis. (© Rebekah D. Wallace, University of Georgia/Bugwood.org)

ADDITIONAL INFORMATION:

- A. There is an exotic invasive, *Aralia alata*, that should not be planted.
- B. Tolerates saltwater spray and sandy soil.
- C. Early bloom important for earliest monarchs arriving in southern part of region
- D. Source of nesting material for native leafcutter bees.
- E. Native thistles have declined due to control of Canada thistle (*C. arvensis*).
- F. *Phlox pilosa* is also excellent and available, blooming Apr-May.
- G. Establishes easily from seed.
- H. Drought tolerant.
- I. Good for bank or soil stabilization.
- J. All goldenrods (*Solidago* spp.) are excellent.
- K. Considered undesirable plant in livestock forage. Excellent nectar source.

**REGION 12
FLORIDA**



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	V	↻	🎨	📏	💧	📍	🦋	📄
<i>Ampelaster carolinianus</i>	Climbing aster									☼☼				V	P	Pk/Pr	36'	H	📍🦋	1	
<i>Asclepias incarnata</i> 🦋	Swamp milkweed						☼☼☼	☼☼☼	☼☼☼	☼☼☼				H	P	Pk	4'	M	📍🦋	76	
<i>Asclepias perennis</i> 🦋	Aquatic milkweed					☼☼☼	☼☼☼	☼☼☼	☼☼☼					H	P	W/Pk	2'	H	🦋	2	
<i>Asclepias tuberosa</i> 🦋	Butterfly milkweed					☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼				H	P	O/Y	2'	L	📍🦋	99	
<i>Asclepias verticillata</i> 🦋	Whorled milkweed						☼☼☼	☼☼☼	☼☼☼					H	P	W	3'	L	🦋	196	
<i>Baccharis halimifolia</i>	Eastern baccharis								☼☼☼	☼☼☼	☼☼☼			S	P	W	12'	M	🦋	8	A, B
<i>Borrchia frutescens</i>	Bushy seaside tansy	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	S	P	Y	3'	M	🦋	1	A
<i>Cephalanthus occidentalis</i>	Common buttonbush			☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼				S	P	W	12'	M	📍🦋	11	
<i>Chromolaena odorata</i>	Jack in the bush								☼☼☼	☼☼☼				S	P	Pr	6'	L	🦋	2	
<i>Chrysoma pauciflosculosa</i>	Woody goldenrod									☼☼☼	☼☼☼			S	P	Y	3'	L	🦋	1	C
<i>Conoclinium coelestinum</i>	Blue mistflower						☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼			H	P	Bl/Pr	3'	M	📍🦋	10	
<i>Hamelia patens</i>	Firebush	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	S	P	R	12'	M	🦋	1	
<i>Helianthus angustifolius</i>	Narrow-leaved sunflower									☼☼☼	☼☼☼			H	P	Y	3'	M	📍🦋	2	
<i>Heliotropium angiospermum</i>	Scorpion's-tail	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	H	A/P	W	2'	M	🦋	1	
<i>Liatris spicata</i>	Spiked blazing star							☼☼☼	☼☼☼	☼☼☼				H	P	Pr	4'	M	📍🦋	5	
<i>Monarda punctata</i>	Spotted bee balm					☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	H	A/B/P	W/Pk/Y	3'	L	📍🦋	9	
<i>Pluchea odorata</i>	Sweetscent							☼☼☼	☼☼☼	☼☼☼				H	A/P	Pk/Pr	3'	L	📍	2	
<i>Prunus caroliniana</i>	Carolina laurelcherry		☼☼											T	P	W	36'	M	🦋	1	D
<i>Rudbeckia hirta</i>	Blackeyed Susan						☼☼☼	☼☼☼	☼☼☼	☼☼☼				H	B/P	Y/Br	3'	L/M	📍🦋	8	C
<i>Salvia azurea</i>	Azure blue sage									☼☼☼	☼☼☼			H	P	W/Bl	5'	L	📍🦋	4	
<i>Salvia coccinea</i>	Scarlet sage		☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼				H	A/P	W/R/Pk	3'	M	🦋	1	
<i>Salvia lyrata</i>	Lyreleaf sage			☼☼☼	☼☼☼	☼☼☼								H	P	W/Bl/V	2'	L/M	🦋	1	
<i>Solidago sempervirens</i>	Seaside goldenrod	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	H	P	Y	8'	L	📍🦋	309	A
<i>Verbesina virginica</i>	Frostweed					☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼	H	B/P	W	6'	L/M	📍🦋	211	E
<i>Vernonia gigantea</i>	Giant ironweed					☼☼☼	☼☼☼	☼☼☼	☼☼☼	☼☼☼				H	P	Pr	8'	M	📍🦋	2	

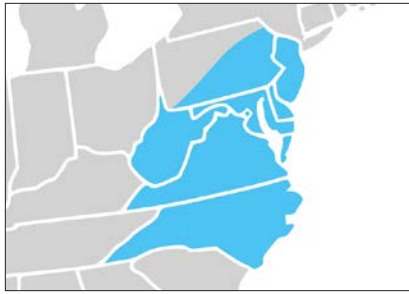
KEY

- 🦋 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- ☼ **Bloom time:** orange months indicate monarchs are present.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- ↻ **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- 📏 **Max height** (in feet).
- 💧 **Water needs:** low (L), medium (M) and high (H).
- 📍 **Availability:** seeds available (📍), plants available (🦋).
- 🦋 **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📷 **Photograph:** Monarch caterpillar on swamp milkweed. (© Steven Katovich, USDA Forest Service, Bugwood.org.)

ADDITIONAL INFORMATION:

- A. Tolerates saltwater spray.
- B. Good for erosion control.
- C. Drought tolerant.
- D. Birds eat berries.
- E. Short-lived, reseeds.

**REGION 13
MID-ATLANTIC**



DE, D.C., MD, NJ, NC, S.E. PA, VA, WV



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	Form	Life Cycle	Flower Color	Max Height	Water Needs	Availability	Observations	Photograph
<i>Asclepias incarnata</i>	Swamp milkweed						☼☼☼							H	P	Pk	4'	M	☐☒	76	
<i>Asclepias syriaca</i>	Common milkweed						☼☼☼							H	P	Pk	8'	L	☐☒	189	A, B, C
<i>Asclepias tuberosa</i>	Butterfly milkweed						☼☼							H	P	O/Y	2'	L	☐☒	99	A
<i>Baccharis halimifolia</i>	Eastern baccharis								☼☼☼					S	P	W	15'	M	☐☒	8	D
<i>Bidens aristosa</i>	Bearded beggarticks								☼☼☼					H	A	Y	4'	H	☐☒	1,893	
<i>Cephalanthus occidentalis</i>	Buttonbush						☼☼☼☼							S	P	W	12'	M	☐☒	11	
<i>Conoclinium coelestinum</i>	Blue mistflower						☼☼☼☼☼							H	P	Bl/L	3'	M	☐☒	10	E
<i>Eupatorium perfoliatum</i>	Common boneset						☼☼☼☼							H	P	W	6'	M/H	☐☒	9	
<i>Euthamia graminifolia</i>	Flat-top goldentop						☼☼☼							H	P	Y	6'	M	☐☒	10	
<i>Eutrochium fistulosum</i>	Joe-Pye weed						☼☼☼							H	P	Pk/Pr	7'	M	☐☒	5	
<i>Helianthus angustifolius</i>	Narrow-leaved sunflower								☼☼					H	P	Y	3'	M	☐☒	2	
<i>Liatris pilosa</i>	Grass-leaved blazing star								☼☼☼					H	P	Pr	4'	L	☐☒	3	
<i>Liatris spicata</i>	Dense blazing star						☼☼☼☼							H	P	Pr	4'	M	☐☒	5	
<i>Mikania scandens</i>	Climbing hempvine						☼☼☼☼☼							V	P	W	9'	M	☐☒	6	F, G
<i>Monarda fistulosa</i>	Wild bergamot						☼☼☼							H	P	L/Pk	3'	L/M	☐☒	57	
<i>Monarda punctata</i>	Spotted bee balm						☼☼							H	A/B/P	W/Pk/Y	3'	L	☐☒	9	
<i>Prunus americana</i>	Wild plum				☼☼									T	P	W	35'	L/M	☐☒	2	A, H
<i>Pycnanthemum tenuifolium</i>	Narrow-leaf mountain-mint								☼☼					H	P	W	3'	M	☐☒	1	
<i>Rudbeckia hirta</i>	Blackeyed Susan						☼☼☼☼							H	A/B/P	Y	3'	L	☐☒	8	A
<i>Solidago caesia</i>	Wreath goldenrod									☼☼				H	P	Y	3'	L/M	☐☒	2	I
<i>Solidago sempervirens</i>	Seaside goldenrod									☼☼				H	P	Y	8'	L/M	☐☒	309	
<i>Symphotrichum l. var. laeve</i>	Smooth blue aster								☼☼☼					H	P	L	4'	M	☐☒	6	J
<i>Symphotrichum novae-angliae</i>	New England aster								☼☼☼☼					H	P	Pk/Pr	6'	L/M	☐☒	36	
<i>Verbesina alternifolia</i>	Wingstem								☼☼☼					H	P	Y	6'	M	☐☒	1	B
<i>Vernonia noveboracensis</i>	New York ironweed								☼☼					H	P	Pr	8'	M	☐☒	5	B

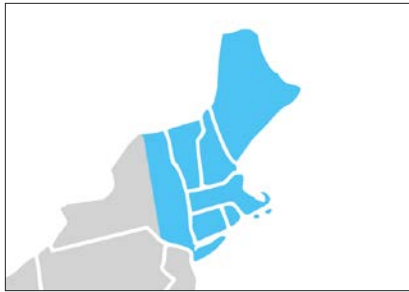
KEY

- Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- Bloom time:** orange months indicate monarchs are present.
- Form:** herb (H), shrub (S), vine (V), tree (T).
- Lifecycle:** annual (A), biennial (b), perennial (P).
- Flower color:** red (R), pink (Pk), orange (O), yellow (Y), green (G), blue (Bl), lavender (L), violet (V), purple (Pr), brown (Br), white (W).
- Max height** (in feet).
- Water needs:** low (L), medium (M) and high (H).
- Availability:** seeds available (☐), plants available (☒).
- Observations:** the number of observations received of monarch adults nectaring across their entire range.
- Photograph:** Monarch on black-eyed Susan. (© Mark Dumont/flickr.)

ADDITIONAL INFORMATION:

- A. Drought tolerant.
- B. Considered undesirable in livestock forage.
- C. Spreads by rhizomes and seed.
- D. Tolerates saltwater spray and sandy soils
- E. Can spread quickly.
- F. Can grow 9' in length, but height is generally <1'.
- G. Great source for coastal fall migrating monarchs.
- H. Edible fruit.
- I. Understory species (shade tolerant).
- J. Host for pearl crescent (*Phyciodes tharos*) butterfly.

**REGION 14
NORTHEAST**



CT, ME, MA, NH, E. NY, RI, VT



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC									
<i>Achillea millefolium</i>	Common yarrow						☼	☼	☼					H	P	<u>W/Pk</u>	3'	L			1	
<i>Asclepias incarnata</i>	Swamp milkweed						☼	☼	☼					H	P	<u>Pk</u>	4'	M			76	
<i>Asclepias syriaca</i>	Common milkweed						☼	☼	☼					H	P	<u>W/Pr</u>	8'	L			189	
<i>Asclepias tuberosa</i>	Butterfly milkweed						☼	☼	☼					H	P	<u>O/Y</u>	2'	L			99	
<i>Cephalanthus occidentalis</i>	Buttonbush						☼	☼	☼					S	P	<u>W</u>	12'	M			11	
<i>Clethra alnifolia</i>	Coastal sweet-pepperbush						☼	☼	☼					S	P	<u>W/Pk</u>	12'	M			2	
<i>Doellingeria umbellata</i>	Whitetop aster						☼	☼	☼					H	P	<u>W</u>	5'	M			9	A, B
<i>Eupatorium perfoliatum</i>	Boneset thoroughwort						☼	☼	☼					H	P	<u>W</u>	6'	M/H			9	
<i>Euthamia graminifolia</i>	Flat-top goldentop							☼	☼	☼				H	P	<u>Y</u>	6'	M/H			10	
<i>Eutrochium fistulosum</i>	Trumpetweed						☼	☼	☼					H	P	<u>Pk/Pr</u>	7'	M			5	
<i>Eutrochium purpureum</i>	Sweetscented Joe Pye weed						☼	☼	☼					H	P	<u>Pk/Pr</u>	6'	M			2	
<i>Helianthus divaricatus</i>	Woodland sunflower						☼	☼	☼					H	P	<u>Y</u>	6'	L			1	A, C
<i>Liatris scariosa</i>	Northern blazing star							☼	☼	☼				H	P	<u>Pr</u>	3'	L			3	D
<i>Mikania scandens</i>	Climbing hempvine							☼	☼	☼	☼			V	P	<u>W</u>	10'	M			6	
<i>Monarda fistulosa</i>	Wild bergamot						☼	☼	☼					H	P	<u>Pr</u>	5'	L			57	
<i>Physostegia virginiana</i>	Obedient false dragonhead						☼	☼	☼					H	P	<u>Pk/Pr</u>	4'	M			2	
<i>Rudbeckia hirta</i>	Blackeyed Susan					☼	☼	☼	☼					H	A/B	<u>Y</u>	3'	L			8	C
<i>Solidago altissima</i>	Canada goldenrod						☼	☼	☼	☼				H	P	<u>Y</u>	4'	L			105	
<i>Solidago sempervirens</i>	Seaside goldenrod						☼	☼	☼	☼				H	P	<u>Y</u>	8'	L			309	E
<i>Solidago speciosa</i>	Showy goldenrod						☼	☼	☼	☼				H	P	<u>Y</u>	5'	L/M			6	
<i>Spiraea alba</i>	White meadowsweet						☼	☼	☼	☼				S	P	<u>W</u>	4'	M/H			5	F
<i>Symphotrichum cordifolium</i>	Heart-leaved American-aster							☼	☼	☼	☼			H	P	<u>Pr</u>	3'	L			3	A
<i>Symphotrichum novae-angliae</i>	New England aster							☼	☼	☼				H	P	<u>Pk/Pr</u>	6'	L			36	
<i>Symphotrichum novi-belgii</i>	New York aster							☼	☼	☼				H	P	<u>Pk/Pr</u>	5'	L			1	
<i>Vernonia noveboracensis</i>	New York ironweed							☼	☼	☼				H	P	<u>Pr</u>	8'	L			5	

KEY

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- Bloom time:** orange months indicate monarchs are present.
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- Max height** (in feet).
- Water needs:** low (L), medium (M) and high (H).
- Availability:** seeds available (📦), plants available (🌱).
- Observations:** the number of observations received of monarch adults nectaring across their entire range.
- Photograph:** Monarch on New England aster. (© Uli Lorimer/flickr.)

ADDITIONAL INFORMATION:

- A. Shade tolerant.
- B. Birds eat seeds.
- C. Drought tolerant.
- D. Plant only in residential areas to avoid hybridization with the endemic and at-risk *Liatris scariosa* var. *novae-angliae*.
- E. Tolerates saltwater spray and sandy soils.
- F. *Spiraea tomentosa* also excellent.

Other Ways to Help Monarchs

Adding signage to plantings to indicate you are supporting monarchs and other wildlife helps spread the word about the good work you are doing and helps promote pollinator plantings. Signs jump start conversations about habitat needs, native plants, and reducing negative impacts of herbicides and pesticides. Signs created by children are especially engaging.

Join in monitoring efforts, logging monarch arrival and development, milkweed growth, etc. (see Additional Resources on p. 3).

Acknowledgments

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Habitat signs (like the one above) help improve understanding of habitat needs, and are a focal point for conversations. When children are involved in creating habitat, like this monarch habitat established as a demonstration site in Wisconsin, both they and those enjoying their creations tend to be more engaged. (Photographs © The Xerces Society/Thelma Heidel-Baker [top left and bottom], and Kerry Lynch [top right].)

Note on the Plant Lists

The plant species included in these lists are based on monarch nectaring observations compiled from numerous sources by the Xerces Society, including published and technical reports, species databases, research datasets, and personal communications with monarch researchers, botanists, and other experts. Over 1,200 observations of 358 native species were collated into a matrix that was then broken down into 15 regions.