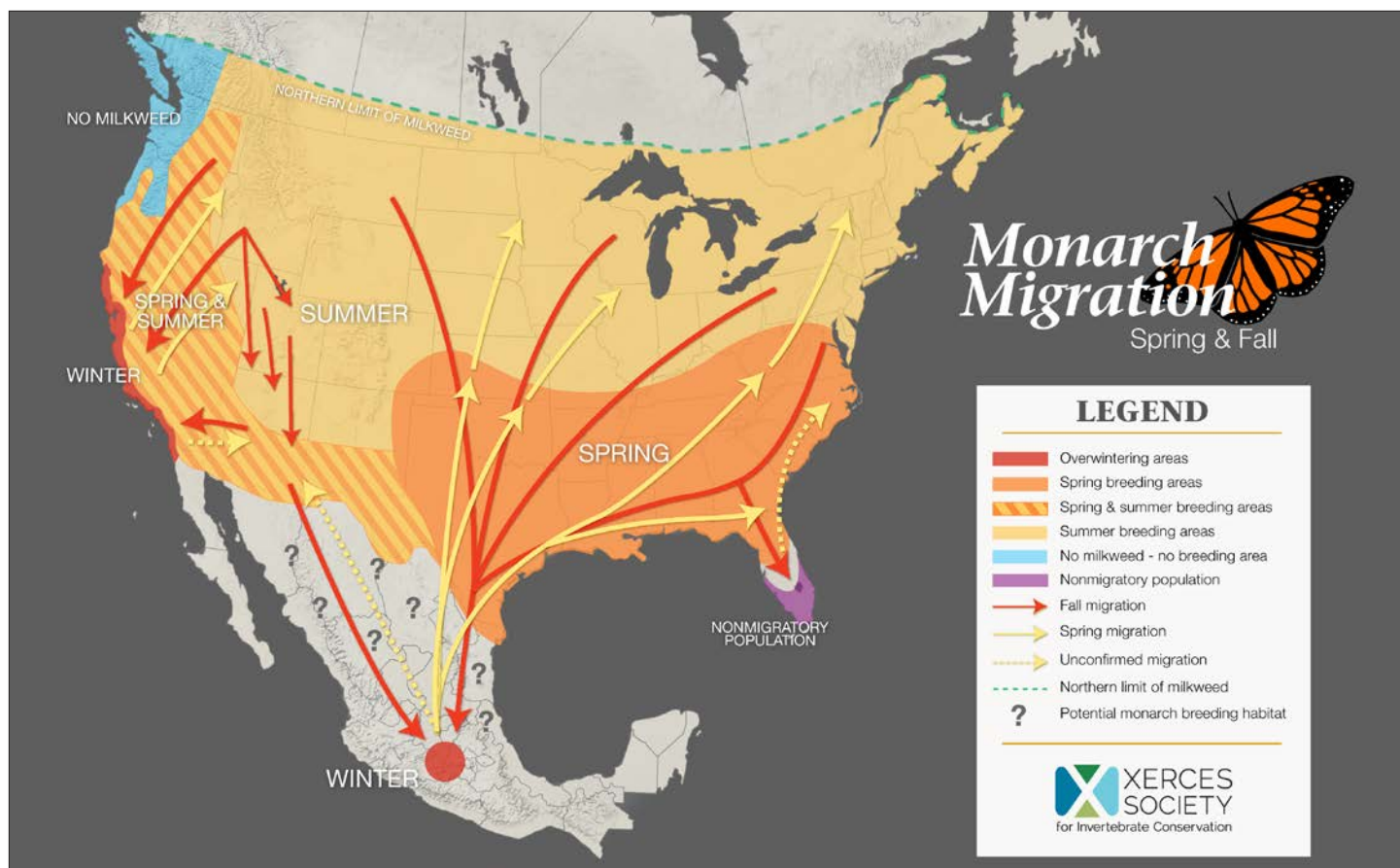


Monarch Butterfly Nectar Plant Lists for Conservation Plantings



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 (*Asclepias* spp.) 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 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.monarchmilkweedmapper.org.

Plants included are commercially available 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).

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.

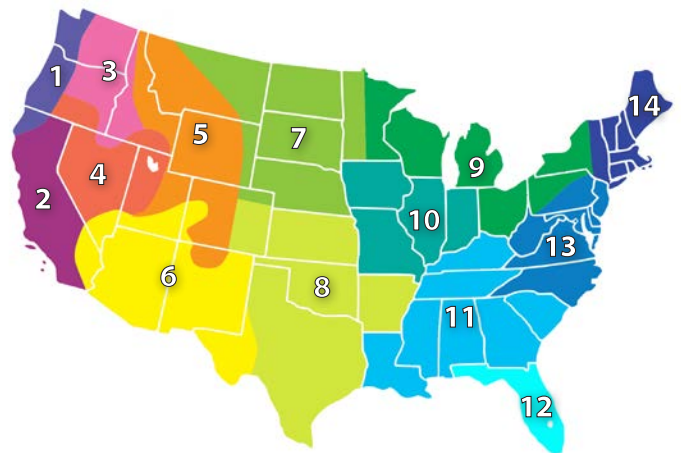
Choose milkweeds and other plants native to your region, that flower in months when monarchs are present (highlighted in orange on each regional plant list), that fill gaps in blooms available at the planting site, and that are suited to the growing conditions of your site. Use a Pollinator Habitat Assessment Guide or Monarch Wildlife Habitat Evaluation Guide (WHEG) to assess habitat needs in your landscapes (see *Additional Resources* on p. 18).

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*), and are often not commercially available. Our native thistles are not aggressive and are among the best overall pollinator plants in our native floras.

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 (*Matelea* 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. lousea*) and pale swallow-wort (*C. rossicum*). For more on how you can help monarchs, see *Additional Resources* on p. 18.

Monarch Nectar Plant List Regions



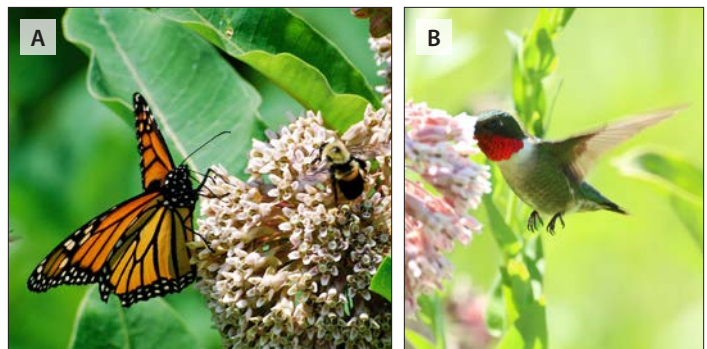
1 Maritime Northwest.....p. 4	8 Southern Plains.....p. 12
2 California.....p. 5	9 Great Lakes.....p. 13
3 Inland Northwest.....p. 7	10 Midwest.....p. 14
4 Great Basin.....p. 8	11 Southeast.....p. 15
5 Rocky Mountains.....p. 9	12 Florida.....p. 16
6 Southwest.....p. 10	13 Mid-Atlantic.....p. 17
7 Northern Plains.....p. 11	14 Northeast.....p. 18

Multiple Benefits

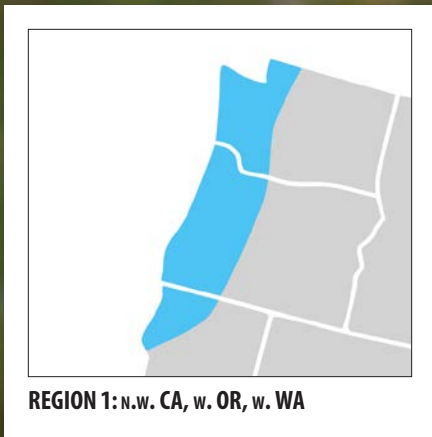
Plantings for monarchs support a huge diversity of wildlife, including bees, butterflies, and other agriculturally beneficial insects such as wasps, flies, beetles, and other natural enemies of crop pests that depend on the same floral resources that monarchs and other pollinators do.

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!



Many monarch nectar plants, like common milkweed (*A. syriaca*), also attract bees^A and hummingbirds^B. (Photographs © Dennis Burnette, Carolina Butterfly Society^A and Debbie Koenigs/USFWS^C.)



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	Notes
<i>Abronia latifolia</i>	Coastal sand verbena			☼	☼	☼	☼	☼	☼	☼	☼			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>	Lyall 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

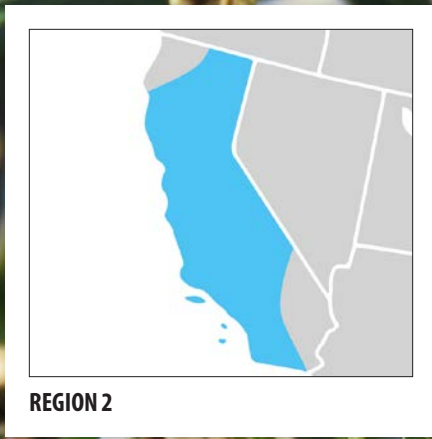
- ☼ **Bloom time:** orange months indicate monarchs are present.
- 🐛 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- 🔄 **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (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** © 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.

CALIFORNIA

MONARCH BUTTERFLY NECTAR PLANTS



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	FORM	LC	FC	MH	WN	AR	OB	AI
<i>Abronia latifolia</i>	Coastal sand verbena			☼☼	☼☼	☼☼	☼☼	☼☼	☼☼	☼☼	☼☼			H	P	Y	0.5'	L	☼☼	5	A
<i>Achillea millefolium</i>	Yarrow				☼☼	☼☼	☼☼	☼☼						H	P	W	3'	L	☼☼	8	B
<i>Agastache urticifolia</i>	Nettleleaf giant hyssop					☼☼	☼☼							H	P	Pr/R	2'	L	☼☼	3	B
<i>Apocynum cannabinum</i>	Indian hemp						☼☼	☼☼						H	P	W	6'	M-H	☼☼	8	C
<i>Arctostaphylos</i> 'Howard McMinn'	McMinn manzanita		☼☼	☼☼										S	P	Pk/W	6'	L	☼☼	4	A
<i>Arctostaphylos glauca</i>	Bigberry manzanita		☼☼											S	P	Pk/W	30'	M	☼☼	4	
<i>Arctostaphylos patula</i>	Greenleaf manzanita		☼☼											S	P	Pk/W	7'	L	☼☼	4	
<i>Asclepias californica</i>	California milkweed				☼☼	☼☼	☼☼							H	P	Pk	3'	L	☼☼	1	
<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	☼☼	23	B
<i>Asclepias speciosa</i>	Showy milkweed						☼☼	☼☼						H	P	Pk/G/Pr	5'	M	☼☼	221	
<i>Baccharis pilularis</i>	Coyotebrush		☼☼							☼☼	☼☼	☼☼		S	P	W/Y	10'	L	☼☼	4	A, D
<i>Baccharis salicifolia</i>	Mulefat		☼☼	☼☼	☼☼	☼☼	☼☼	☼☼	☼☼	☼☼	☼☼	☼☼		S	P	W	7'	M-H	☼☼	3	E
<i>Baccharis sarothroides</i>	Desertbroom		☼☼											S	P	Pk/W	10'	L	☼☼	3	D
<i>Bidens laevis</i>	Smooth beggartick							☼☼	☼☼					H	P	Y	3'	H	☼☼	7	F
<i>Cephalanthus occidentalis</i>	Common buttonbush							☼☼	☼☼	☼☼				S	P	W	15'	H	☼☼	12	
<i>Dichelostemma capitatum</i>	Bluedicks			☼☼	☼☼									H	P	Pr	2'	L	☼☼	3	
<i>Ericameria ericoides</i>	California goldenbush									☼☼	☼☼	☼☼		S	P	Y	4'	L	☼☼	3	
<i>Ericameria nauseosa</i>	Rubber rabbitbrush							☼☼	☼☼	☼☼				S	P	Y	8'	L	☼☼	16	A
<i>Euthamia occidentalis</i>	Western goldentop							☼☼	☼☼	☼☼				H	P	Y	6'	H	☼☼	5	E
<i>Erigeron glaucus</i>	Seaside fleabane		☼☼	☼☼	☼☼	☼☼	☼☼	☼☼						H	P	Pk/L	1'	L	☼☼	5	
<i>Grindelia camporum</i>	Gumplant				☼☼	☼☼	☼☼	☼☼	☼☼	☼☼				H	P	Y	5'	L-H	☼☼	3	B
<i>Grindelia stricta</i>	Oregon gumplant					☼☼	☼☼	☼☼	☼☼	☼☼				H	P	Y	4'	H	☼☼	3	E
<i>Helianthus annuus</i>	Common sunflower						☼☼	☼☼	☼☼					H	A	Y	5'	M	☼☼	17	
<i>Monardella odoratissima</i>	Mountain monardella						☼☼	☼☼						H	P	W/Pr	1'	L	☼☼	3	G
<i>Monardella villosa</i>	Coyote mint						☼☼	☼☼						H	P	Pk/Pr	2'	L	☼☼	3	H
<i>Salix exigua</i>	Narrowleaf willow		☼☼	☼☼										S/T	P	W	20'	H	☼☼	3	E
<i>Salix laevigata</i>	Red willow		☼☼	☼☼	☼☼									T	P	W	50'	H	☼☼	3	E

KEY ☼ BLOOM TIME 🌿 FORM 🔄 LIFE CYCLE 🎨 FLOWER COLOR 📏 MAX HEIGHT 💧 WATER NEEDS 📍 AVAILABILITY (REGIONAL) 🦋 OBSERVATIONS (TOTAL) ⓘ ADDITIONAL INFORMATION

See expanded KEY & ADDITIONAL INFORMATION on next page.

PLEASE NOTE: In general, milkweed should not be planted within 5 miles of the coast north of Santa Barbara, nor within 1 mile of the coast from Santa Barbara south. These areas are generally outside of milkweed's historical range and planting milkweed too close to overwintering sites may interfere with monarch migration and overwintering behavior. See map on next page for more details.



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	FORM	RECYCLE	FLOWER COLOR	MAX HEIGHT	WATER NEEDS	AVAILABILITY (REGIONAL)	OBSERVATIONS (TOTAL)	ADDITIONAL INFORMATION
<i>Salix lasiolepis</i> 📷	Arroyo willow		🌸	🌸	🌸	🌸								S/T	P	W	35'	H	🌱	3	E
<i>Salvia dorrii</i>	Desert sage				🌸	🌸								S	P	Pr	4'	L	🌱	1	A
<i>Salvia leucophylla</i>	Purple sage				🌸	🌸	🌸							S	P	Pk	4'	L	🌱	1	A
<i>Salvia mellifera</i>	Black sage			🌸	🌸	🌸	🌸							S	P	W/Pk/L	6'	L	🌱	1	A
<i>Salvia clevelandii</i>	Cleveland sage				🌸	🌸	🌸							S	P	Pr	4'	L	🌱	2	A
<i>Solidago velutina</i> ssp. <i>californica</i> 🦋	California goldenrod					🌸	🌸	🌸	🌸					H	P	Y	3'	L	🌱	4	
<i>Symphotrichum chilense</i> 🦋	Pacific aster						🌸	🌸						H	P	Y/V	4'	L	🌱	5	B
<i>Verbena lasiostachys</i>	Western vervain				🌸	🌸	🌸	🌸	🌸					H	P	Pr	3'	L	🌱	3	B

KEY 🌸 BLOOM TIME 🌿 FORM ♻️ LIFE CYCLE 🎨 FLOWER COLOR 📏 MAX HEIGHT 💧 WATER NEEDS 📍 AVAILABILITY (REGIONAL) 🦋 OBSERVATIONS (TOTAL) ⓘ ADDITIONAL INFORMATION

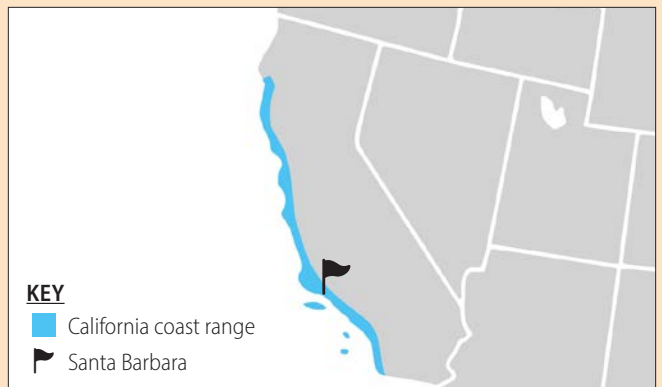
KEY

- 🌸 **Bloom time:** orange months indicate monarchs are present.
- 🌿 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants 🚫.
- 🦋 **Entire genus** is likely attractive to monarchs.
- 🌿 **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 total number of observations received of monarch adults nectaring.
- 📷 **Photographs** © Jonathan Coffin/flickr.

ⓘ **ADDITIONAL INFORMATION:**

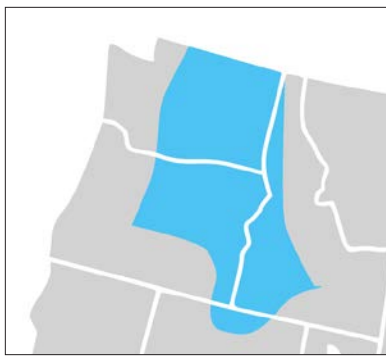
- A. Very drought tolerant.
- B. Tolerates clay soil and wet or dry conditions.
- C. Poisonous to humans, pets and livestock
- D. Can be used for streambank stabilization.
- E. Wetland / riparian.
- F. Tolerates clay soil and wet conditions.
- G. Grows best at mid to high elevations in this region.
- H. Requires good drainage.

⚠️ **PLEASE NOTE:** In general, milkweed should not be planted within 5 miles of the coast north of Santa Barbara (🚩), nor within 1 mile of the coast from Santa Barbara south. These areas are generally outside of milkweed's historical range and planting milkweed too close to overwintering sites may interfere with monarch migration and overwintering behavior. Please check on any milkweed species historical range before including it in monarch habitat in the blue area below:



INLAND NORTHWEST

MONARCH BUTTERFLY NECTAR PLANTS



REGION 3: W. ID, N.E. OR, E. WA



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	V	↻	🎨	📏	💧	📍	👁️	📄
<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</i> var. <i>melanocarpa</i>	Black chokecherry					🌸	🌸							T	P	W	20'	M	📍	1	E, F
<i>Rosa woodsii</i> var. <i>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

- 🌸 **Bloom time:** orange months indicate monarchs are present.
- 🐛 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌿 **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** © Tom Koerner, USFWS/flickr.

① 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: NV, s.e. OR, E. UT

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	Notes
<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</i> var. <i>melanocarpa</i>	Black chokecherry				☼☼									T	P	W	40'	L/M	📷🐛	1	H, I
<i>Rosa woodsii</i> var. <i>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

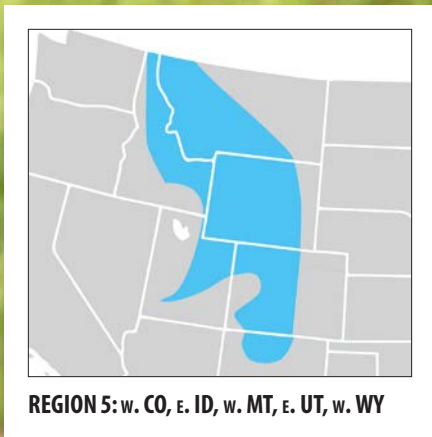
- ☼ Bloom time: orange months indicate monarchs are present.
- 🐛 Milkweeds (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌿 Form: herb (H), shrub (S), vine (V), tree (T).
- 🔄 Lifecycle: annual (A), biennial (b), perennial (P).
- 🎨 Flower color: red (R), pink (Pk), orange (O), yellow (Y), green (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 © Eric Eldredge, USDA–NRCS.

① 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.

ROCKY MOUNTAINS

MONARCH BUTTERFLY NECTAR PLANTS



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

KEY

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- 🐛 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌿 **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** © The Xerces Society/Sarah Foltz Jordan.

① 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.



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

KEY

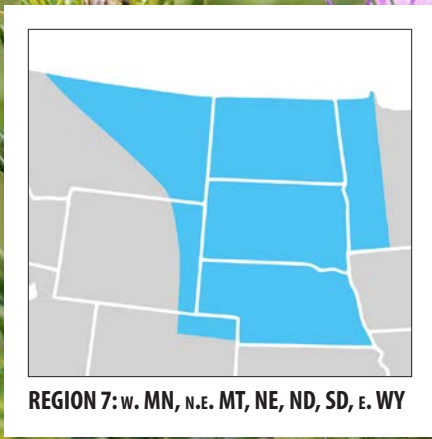
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- 📏 **Max height** (in feet).
- 💧 **Water needs:** low (L), medium (M) and high (H).
- 📍 **Availability:** seeds available (📷), plants available (👁️).
- 👁️ **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📷 **Photograph** © The Xerces Society/Anne Stine.

① 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.

NORTHERN PLAINS

MONARCH BUTTERFLY NECTAR PLANTS



REGION 7: 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	Form	Life Cycle	Flower Color	Max Height	Water Needs	Availability	Observations	Notes
<i>Ageratina altissima</i>	White snakeroot								☼☼	☼☼				H	P	W	3'	L	☼☼	3	A
<i>Amorpha canescens</i>	Leadplant					☼☼	☼☼							S	P	Bl/Pr	3'	L	☼☼	6	
<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>Brickellia e. var. eupatorioides</i>	False boneset								☼☼	☼☼				H	P	W	4'	L	☼☼	38	
<i>Cirsium altissimum</i> 📷	Tall thistle								☼☼☼☼					H	B	Pk	10'	L	☼☼	1,197	B
<i>Dalea candida</i>	White prairie clover					☼☼	☼☼	☼☼	☼☼					H	P	W	2'	M	☼☼	3	B
<i>Euthamia g. var. graminifolia</i>	Grass-leaved goldenrod							☼☼	☼☼					H	P	Y	6'	M/H	☼☼	6	C
<i>Eutrochium maculatum</i>	Spotted Joe Pye weed								☼☼	☼☼				H	P	Pk/Pr	6'	M/H	☼☼	12	D
<i>Helianthus annuus</i>	Common sunflower							☼☼	☼☼	☼☼				H	A	Y	8'	M	☼☼	18	
<i>Helianthus maximiliani</i>	Maximilian sunflower								☼☼	☼☼				H	P	Y/Br	10'	L	☼☼	56	E
<i>Helianthus pauciflorus</i>	Stiff sunflower								☼☼	☼☼				H	P	Y	6'	L/M	☼☼	13	
<i>Heliopsis helianthoides</i>	Smooth oxeye							☼☼	☼☼	☼☼				H	P	Y	5'	L/M	☼☼	41	
<i>Liatris ligulistylis</i>	Meadow blazing star								☼☼	☼☼				H	P	Pk/Pr	5'	M	☼☼	10	
<i>Monarda fistulosa</i>	Wild bergamot							☼☼						H	P	W/Pk/Pr	5'	M	☼☼	57	
<i>Oligoneuron rigidum</i>	Stiff goldenrod								☼☼	☼☼				H	P	Y	5'	L/M	☼☼	204	
<i>Silphium integrifolium</i>	Wholeleaf rosinweed								☼☼	☼☼				H	P	Y	6'	L	☼☼	34	
<i>Solidago canadensis</i>	Canada goldenrod								☼☼	☼☼	☼☼			H	P	Y	5'	M	☼☼	104	C
<i>Symphotrichum ericoides</i>	White heath aster								☼☼	☼☼				H	P	W/Pk/Y	3'	L	☼☼	33	
<i>Symphotrichum l. var. laeve</i>	Smooth blue aster								☼☼	☼☼				H	P	Bl/Pr	4'	M	☼☼	6	F
<i>Symphotrichum novae-angliae</i>	New England aster								☼☼	☼☼	☼☼			H	P	Pk/Pr	6'	M	☼☼	36	C
<i>Verbena stricta</i>	Hoary vervain					☼☼	☼☼	☼☼	☼☼					H	P	Pr	4'	L/M	☼☼	10	G
<i>Vernonia fasciculata</i>	Prairie ironweed								☼☼	☼☼				H	P	Pr	5'	M/H	☼☼	2	C

KEY

- ☼ Bloom time: orange months indicate monarchs are present.
- 🐛 Milkweeds (*Asclepias* spp.) are monarch caterpillar host plants.
- Y 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 © 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 (*Phycodes tharos*) butterfly.
- G. Host for common buckeye butterfly (*Junonia coenia*) butterfly.

SOUTHERN PLAINS

MONARCH BUTTERFLY NECTAR PLANTS



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>Liatris punctata</i> var. <i>mucronata</i>	Cusp blazing star						🌸	🌸	🌸	🌸	🌸			H	P	Pk/Pr	3'	L	📷	👁️	7	
<i>Liatris 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

- 🌸 **Bloom time:** orange months indicate monarchs are present.
- 🐛 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌿 **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** © Scott Seigfried.

① 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: 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	V	↻	🎨	📏	💧	📍	👁️	📄
<i>Asclepias incarnata</i> 🐛	Swamp milkweed						🌸	🌸						H	P	<u>Pk</u>	4'	M	📍👁️	76	
<i>Asclepias syriaca</i> 🐛	Common milkweed						🌸	🌸	🌸					H	P	<u>W/Pk</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>Cirsium discolor</i>	Field thistle						🌸	🌸	🌸	🌸				H	B	<u>Pk/Pk</u>	7'	L	📍👁️	19	
<i>Coreopsis tripteris</i>	Tall tickseed						🌸	🌸	🌸	🌸				H	P	<u>Y</u>	7'	L/M	📍👁️	1	A
<i>Echinacea purpurea</i>	Eastern purple coneflower						🌸	🌸	🌸	🌸				H	P	<u>Pk/Pk</u>	5'	L	📍👁️	29	B, C
<i>Eupatorium perfoliatum</i>	Common boneset						🌸	🌸	🌸	🌸				H	P	<u>W</u>	6'	M/H	📍👁️	9	D
<i>Euthamia graminifolia</i>	Flat-top goldentop						🌸	🌸	🌸	🌸				H	P	<u>Y</u>	6'	M	📍👁️	10	
<i>Eutrochium maculatum</i>	Spotted Joe Pye weed						🌸	🌸	🌸	🌸				H	P	<u>Pk/Pk</u>	6'	M	📍👁️	12	E
<i>Helianthus grosseserratus</i>	Sawtooth sunflower						🌸	🌸	🌸	🌸				H	P	<u>Y</u>	10'	M	📍👁️	11	F
<i>Helianthus maximiliani</i>	Maximilian sunflower						🌸	🌸	🌸	🌸				H	P	<u>Y/Br</u>	10'	L	📍👁️	56	G
<i>Heliopsis helianthoides</i>	Smooth oxeye						🌸	🌸	🌸	🌸				H	P	<u>Y</u>	5'	L/M	📍👁️	41	
<i>Liatis aspera</i>	Rough blazing star						🌸	🌸	🌸	🌸				H	P	<u>Pk/Pk</u>	4'	L	📍👁️	16,451	C
<i>Liatis cylindracea</i>	Ontario blazing star						🌸	🌸	🌸	🌸				H	P	<u>Pr</u>	2'	L	📍👁️	45	C
<i>Liatis ligulistylis</i>	Meadow blazing star						🌸	🌸	🌸	🌸				H	P	<u>Pk/Pk</u>	5'	M	📍👁️	10	H
<i>Liatis spicata</i>	Dense blazing star						🌸	🌸	🌸	🌸				H	P	<u>Pr</u>	4'	M	📍👁️	5	
<i>Monarda fistulosa</i> 📷	Wild bergamot						🌸	🌸	🌸	🌸				H	P	<u>W/Pk/Pr</u>	5'	L	📍👁️	57	
<i>Monarda punctata</i>	Spotted beebalm						🌸	🌸	🌸	🌸				H	P	<u>W/Pk/Y</u>	3'	L	📍👁️	9	
<i>Oligoneuron rigidum</i>	Stiff goldenrod						🌸	🌸	🌸	🌸				H	P	<u>Y</u>	5'	M	📍👁️	204	F
<i>Rudbeckia hirta</i>	Black-eyed Susan						🌸	🌸	🌸	🌸				H	B/P	<u>Y</u>	2'	L	📍👁️	8	
<i>Solidago speciosa</i>	Showy goldenrod						🌸	🌸	🌸	🌸				H	P	<u>Y</u>	5'	L	📍👁️	6	
<i>Symphotrichum novae-angliae</i>	New England aster						🌸	🌸	🌸	🌸				H	P	<u>Pk/Pk</u>	6'	M	📍👁️	36	
<i>Symphotrichum oblongifolium</i>	Skyblue aster						🌸	🌸	🌸	🌸	🌸			H	P	<u>Pr</u>	2'	L	📍👁️	101	I
<i>Veronicastrum virginicum</i>	Culver's root						🌸	🌸	🌸	🌸				H	P	<u>W/Pk/Pr</u>	6'	M	📍👁️	5	

KEY

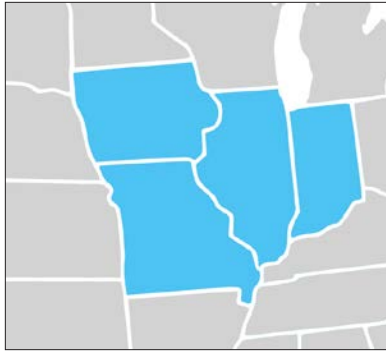
- 🌸 **Bloom time:** orange months indicate monarchs are present.
- 🐛 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- ↻ **Lifecycle:** annual (A), biennial (b), perennial (P).
- 🎨 **Flower color:** red (R), pink (Pk), orange (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** © The Xerces Society/Sarah Foltz Jordan.

① 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. *Liatis punctata* more common in eastern part of region.
- I. Fragrant foliage may deter deer browsing.

MIDWEST

MONARCH BUTTERFLY NECTAR PLANTS



REGION 10: IL, IN, IA, MO



SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	V	↻	🎨	📏	💧	📍	👁️	📷	
<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>Pr</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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- 🐛 **Milkweeds** (*Asclepias* spp.) are monarch caterpillar host plants.
- 🌿 **Form:** herb (H), shrub (S), vine (V), tree (T).
- ↻ **Lifecycle:** annual (A), biennial (b), perennial (P).
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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** © The Xerces Society/James Eckberg.

① 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.

SOUTHEAST

MONARCH BUTTERFLY NECTAR PLANTS



REGION 11: AL, GA, KY, LA, MS, SC, TN



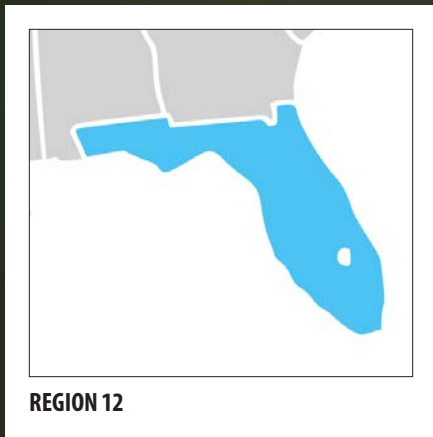
SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	V	↻	🎨	📏	💧	📍	👁️	📄	
<i>Aralia spinosa</i>	Devil's walking-stick						🌸	🌸	🌸					S	P	W	20'	M	📍	👁️	2	A
<i>Asclepias incarnata</i> 🐛	Swamp milkweed							🌸	🌸	🌸				H	P	Pk	4'	M	📍	👁️	76	
<i>Asclepias tuberosa</i> 🐛	Butterfly milkweed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

KEY

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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** © Rebekah D. Wallace, University of Georgia/Bugwood.org.

① 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



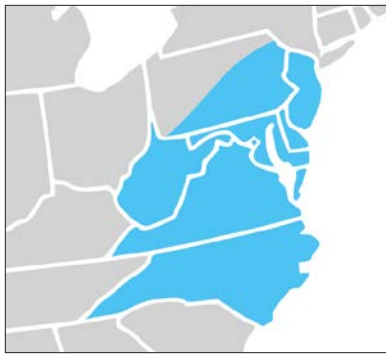
SCIENTIFIC NAME	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	V	↻	🎨	📏	💧	📍	🐦	📷	
<i>Ampelaster carolinianus</i>	Climbing aster									🌸	🌸			V	P	Pk/Pr	36'	H	📷	🐦	1	
<i>Asclepias incarnata</i> 📷	Swamp milkweed						🌸	🌸	🌸	🌸	🌸			H	P	Pk	4'	M	📷	🐦	76	
<i>Asclepias perennis</i> 🐦	Aquatic milkweed					🌸	🌸	🌸	🌸	🌸				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	

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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** © Steven Katovich, USDA Forest Service, Bugwood.org.

① ADDITIONAL INFORMATION:

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



REGION 13: 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	Additional Info
<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>Symphiotrichum l. var. laeve</i>	Smooth blue aster								🌸	🌸	🌸			H	P	L	4'	M	📷 🌱	6	J
<i>Symphiotrichum 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

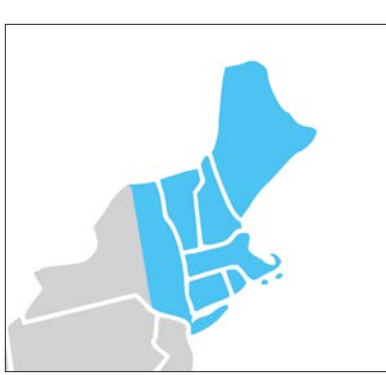
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- 👁️ **Observations:** the number of observations received of monarch adults nectaring across their entire range.
- 📷 **Photograph** © Mark Dumont/flickr.

① 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.

NORTHEAST

MONARCH BUTTERFLY NECTAR PLANTS



REGION 14: CT, ME, MA, NH, E. NY, RI, VT



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

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- 📍 **Availability:** seeds available (📷), plants available (👤).
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- 📷 **Photograph** © 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.



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 [left, right], and Kerry Lynch [center].)

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 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. You can also join in monitoring efforts, logging monarch arrival and development, milkweed growth, etc. (see *Community Science Opportunities*).

Community Science Opportunities:

- ⇒ **Western Monarch Milkweed Mapper:** www.monarchmilkweedmapper.org
- ⇒ **Western Monarch Count:** www.westernmonarchcount.org
- ⇒ **Integrated Monarch Monitoring Program:** <https://monarchjointventure.org/imm>

Other Sources:

- ⇒ **Celebrating Wildflowers** (U.S. Forest Service): www.fs.fed.us/wildflowers
- ⇒ **Million Pollinator Garden Challenge:** <http://millionpollinorgardens.org>
- ⇒ **Journey North Monarchs:** <https://journeynorth.org/monarchs>
- ⇒ **Monarch Joint Venture:** <http://monarchjointventure.org>

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 14 regions.

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