



# THE MONARCH GARDENER

Sustaining a species,  
one yard at a time.

[www.themonarchgardener.com](http://www.themonarchgardener.com)

## Recommended Plants for Monarch Gardens:

### Milkweeds - the only plant monarch caterpillars eat:

Swamp milkweed, *Asclepias incarnata*

Butterfly weed, *Asclepias tuberosa*

Whorled milkweed, *Asclepias verticillata*

Poke milkweed, *Asclepias exaltata*

### Native Perennial Nectar Sources:

Yarrow, *Achillea millefolium*

Bluestar, *Amsonia tabernaemontana*

New England Aster, *Aster novae-angeliae*

Tickseed, *Coreopsis lanceolata*

Coneflower, *Echinacea purpurea*

Joe-Pye Weed, *Eupatorium maculatum*

White Chocolate Snakeroot, *Eupatorium rugosum*

Blanket flower, *Gaillardia sp*

Sneezeweed, *Helenium autumnale*

Ox-eye Sunflower, *Heliopsis helianthoides*

Blazing Star, *Liatris spicata*

Beesbalm (Oswego Tea), *Monarda didyma*

Summer Phlox, *Phlox paniculata*

Black-eyed Susan, *Rudbeckia sp.*

Eastern foamflower, *Tiarella cordifolia*

### Native nectar shrubs and host shrubs for other butterflies:

New Jersey Tea, *Ceanothus americanus*

Buttonbush, *Cephalanthus occidentalis*

Sweet Pepper Bush (Summersweet), *Clethra alnifolia*

Redtwig Dogwood, *Cornus sericea*

Itea virginiana, *Virginia sweetspire*

Spicebush, *Lindera benzoin*

White meadowsweet, *Spiraea alba*

Steeplebush, *Spiraea tomentosa*

American cranberry bush, *Viburnum trilobum*

## **Annuals to attract butterflies and hummingbirds:**

**Cosmos**

**Lantana**

**Marigold**

**Mexican sunflower**

**Petunia**

**Salvia**

**Verbena**

***Zinnia***