

# Munchies for Monarchs

**Host Plants – Milkweed** is the ONLY plant monarch butterflies will lay eggs on and monarch caterpillars will eat!

- Orange Butterfly Weed – *Asclepias tuberosa* – good for dry soils
- Rose or Swamp Milkweed – *Asclepias incarnata* – good for average to moist soils



**Nectar Plants – Plants for adults to feed on**



**Trees:** Redbud, Dogwood

**Shrubs:** Lilac, Viburnum, Azalea, Butterfly Bush (Buddleia), Spirea, Weigela

**Perennials:** Foxglove, Hollyhock, Evening Primrose (*Oenothera*), Coreopsis, Joe-Pye weed, Heliopsis, Liatris, Bee Balm (*Monarda*), Tall Phlox, Coneflowers (*Echinacea*), black-eyed Susan (*Rudbeckia*), Veronica, Autumn Joy Sedum, Goldenrod (*Solidago*)

**Herbs:** Dill, Parsley, Fennel, Lavender

**Annuals:** Alyssum, Cosmos, Lantana, Marigold, Scabiosa, Thithonia (Mexican Sunflower), Verbena, Zinnia

**Plan Your Butterfly Garden to include:**

- Flowers that bloom all season. For example...
  - Lilacs in spring
  - Followed by summer bloomers: Butterfly Bush and Milkweed
  - Fall flowers: Sedum and Solidago
- Flat rocks where butterflies can sun themselves. It's even better if the rocks have shallow depressions where water will puddle and provide a place for butterflies to drink.
- Shelter from wind and cold