



The TOP 10 plants for monarchs

Milkweed is essential to your garden for helping increase monarch populations, since the butterfly can't complete its life cycle without it. Add nectar-producing plants and you'll have a true monarch oasis.

Our horticulturists' suggestions:



1

Common milkweed

Asclepias syriaca

Native perennial / **Monarch host plant**

If you garden in pots, choose tropical milkweed (*Asclepias curassavica*) instead. Treat this species the way you would an annual, or grow it as an indoor winter plant, after cutting it back.



2

Spotted Joe Pye weed

Eutrochium maculatum

Native perennial



3

Canada goldenrod

Solidago canadensis

Native perennial



4

Meadow blazing-star

Liatris ligulistylis

Perennial, native in
Saskatchewan





5

Butterfly-bush

Buddleja sp.

Tender perennial

Fragile. Choose a cultivar resistant to cold; use as an annual, or protect the plant in winter.



6

Red sunflower

Tithonia rotundifolia

Annual



7

Garden heliotrope

Heliotropium arborescens

Tender perennial



8

Common yarrow

Achillea borealis

Native perennial

Commonly sold under the name *Achillea millefolium*



9

Lantana

Lantana camara

Tender perennial



10

New England aster

Symphyotrichum

novae-angliae

Native perennial

