



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 in Québec / **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 in Québec



3

Canada goldenrod

Solidago canadensis

Native perennial in Québec



4

Meadow blazing-star

Liatris ligulistylis

Perennial, native in the
Canadian Prairies





5

Butter fly-bush

Buddleja davidii

Shrub, not very hardy in the Montréal region

Apply mulch in the fall to protect the roots or grow this plant as an annual.



6

Mexican sunflower

Tithonia rotundifolia

Annual



7

Garden heliotrope

Heliotropium arborescens

Tropical shrub

Grow this common species as an annual.



8

Common yarrow

Achillea millefolium

Perennial naturalized in Québec



9

Lantana

Lantana camara

Tropical shrub

Grow this species as an annual or as a houseplant during winter.



10

New England aster

Symphotrichum

novae-angliae

Native perennial in Québec

