



15 Native Host and Nectar Plants for Monarch Waystations

*Common Milkweed, *Asclepias syriaca* [the #1 choice by Monarchs]

*Swamp Milkweed, *Asclepias incarnata* [the #2 choice]

*Butterfly Weed, *Asclepias tuberosa* [the #3 choice]

Blue Mistflower, *Conoclinium coelestinum*

Joe-Pye Weed, (e.g. *Eupatoriadelphus fistulosus*, *Eupatorium maculatum*)

Boneset, *Eupatorium perfoliatum*

New York Ironweed, *Vernonia noveboracensis*

**Goldenrod (e.g. Rough-stemmed Goldenrod, *Solidago rugosa*; Narrow-leaved Goldenrod, *Solidago graminifolia*; Blue-stemmed Goldenrod, *Solidago caesia*; Early Goldenrod, *Solidago juncea*)

**Aster (e.g. New England Aster, *Symphyotrichum novae angliae*; Calico Aster, *Symphyotrichum lateriflorum*; Smooth Blue Aster, *Aster laevis*; Heart-leaved Aster, *Aster cordifolius*)

Blazing Star, *Liatris spicata*

Bergamot, *Monarda fistulosa*

Mountain Mint (e.g. Narrow-leaved Mountain Mint, *Pycnanthemum tenuifolium*; Hoary Mountain Mint, *Pycnanthemum incanum*)

Coneflower (e.g. Blackeyed Susan, *Rudbeckia hirta*; Orange Coneflower, *Rudbeckia fulgida*)

Oxeye Sunflower, *Heliopsis helianthoides* (also other *Helianthus* sp., and Sneezeweed, *Helenium autumnale*)

Wingstem, *Verbesina alternifolia*

* Necessary host plant for Monarch caterpillars - if you don't have milkweed, you will not have Monarchs

** Key nectar (food) plant for adults. Goldenrods & asters are critical - especially in the fall.

Sources for native, pesticide-free plants:

(members of Loudoun Wildlife Conservancy receive a 10% discount - show your member card at the nursery)

Abernethy & Spencer
18035 Lincoln Road
Purcellville, VA
540-338-9118

WildWood Landscape
36328 Bell Road
Round Hill, VA
540-338-7190

Watermark Woods Native Nursery
16764 Hamilton Station Road
Hamilton, VA 20158
540-441-7443 (call for appointment)

Always ask the nursery if they used pesticides - pesticides kill Monarch caterpillars. Systemic pesticides may even kill adult butterflies that drink the nectar.

Need landscaping help?

We recommend these excellent local native plant landscape designers and some may offer free landscape consultations:

Lush Life Landscapes

Susan Abraham

<http://www.lushlifelandscapes.com/>

(540.729.4497)

WildWood Landscape

Jason Dengler

<http://www.wildwoodlandscape.com/>

(540.338.7190)

Magee Design

John Magee

<http://www.john-magee.com/>

(540.687.5331)

Eden Green

Moni Burke

<http://www.edengreenllc.com/>

(703.430.6567)

