



# THE MONARCH GARDENER

“Sustaining a species, one yard at a time”

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Ipswich, MA

## Recommended Plants for Monarch Gardens:

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

Swamp milkweed, *Asclepias incarnata*

Butterfly weed, *Asclepias tuberosa*

Whorled Milkweed, *Asclepias verticillata*

Common milkweed, *Asclepias syriaca* (not recommended for small gardens)

Poke milkweed, *Asclepias exaltata* (shade tolerant)

**Native Perennial Nectar Sources and host plants:**

Yarrow, *Achillea millefolium*

White Snakeroot, *Agertina altissim*

Bluestar, *Amsonia tabernaemontana*

Pearly Everlasting, *Anaphalis margaritacea*

Tickseed, *Coreopsis lanceolata*

Coneflower, *Echinacea purpurea*

Joe-Pye Weeds: *Eutrochium maculatum*, *E. purpureum*, *E. dubium*

Sneezeweed, *Helenium autumnale*

Ox-eye Sunflower, *Heliopsis helianthoides*

Blazing Star, *Liatriis spicata*

Cardinal Flower and Great Blue Lobelia, *Lobelia cardinalis*, *Lobelia siphilitica*

Beebalm: *Monarda didyma*, *Monarda fistulosa*, *Monarda punctata*

Summer Phlox, *Phlox paniculata*

Hairy Mountain Mint, *Pycnanthemum verticillatum*

Black-eyed Susan, *Rudbeckia sp.*

Golden Alexanders, *Zizia aurea* and *Zizia aperta*

Asters, goldenrods, violets

**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*

Steeplesh, *Spiraea tomentosa*

American cranberry bush, *Viburnum trilobum*

**Annuals to attract butterflies and hummingbirds:**

Cosmos

Lantana

Marigold

Mexican sunflower

Petunia

Salvia

Verbena

Zinnia

## **“PROJECT NEIGHBORHOOD MILKWEED” INFO:**

Monarch Watch's milkweed market: [monarchwatch.org/milkweed/market](http://monarchwatch.org/milkweed/market)

For an example letter to your neighborhood please contact me at:

[themonarchgardener@gmail.com](mailto:themonarchgardener@gmail.com)

## **LOCAL NURSERIES, PLANT AND SEED SOURCES:**

Monarch Gardener, Ipswich: [www.monarchgardener.com](http://www.monarchgardener.com)

Corliss Bros., Ipswich: [www.corlissbrothers.com](http://www.corlissbrothers.com)

Wolf Hill, Ipswich and Gloucester: [www.wolfhillhomeandgardencenter.com](http://www.wolfhillhomeandgardencenter.com)

Nunan's, Rowley: [www.nunans.com](http://www.nunans.com)

Northeast Nursery, Peabody: [www.northeastnursery.com](http://www.northeastnursery.com)

Native Plant Trust:

Garden in the Woods, Framingham: <http://www.newenglandwild.org/visit/Garden-in-the-Woods>

Nasami Farm, Whatley, MA <https://www.nativeplanttrust.org/for-your-garden/nasami-farm/>

Blue Stem Natives, Norwell: <https://www.bluestemnatives.com>

Prairie Moon Nursery (seeds): <https://www.prairiemoon.com>

## **WEB RESOURCES/CITIZEN SCIENCE:**

Monarch Watch: <http://monarchwatch.org>

Waystation registry; tags; plant lists; D-PLEX email list; conservation.

Journey North: <https://www.learner.org/jnorth/>

Citizen science animal tracking. Up-to-date locations of spotted monarchs along their migration.

Monarch Larvae Monitoring Project: [mlmp.org](http://mlmp.org)

Monarch Health: [monarchparasites.org](http://monarchparasites.org)

The Xerces Society: <http://www.xerces.org>

Invertebrate conservation group, great source for native seed mixes and planting lists.

Monarch Joint Venture: <http://www.monarchjointventure.org>

A partnership of federal and state agencies, non-government organizations and academic programs working on monarch conservation and education.

## **PLANT BOOKS/NATURAL HISTORY BOOKS/FIELD GUIDES:**

Bringing Nature Home, Douglas Tallamy. And all his publications.

Native Plants for New England Gardens, Mark Richardson and Dan Jaffe

Native Plants of the Northwest, Donald Leopold

Milkweeds, Monarchs and More, Rea, Oberhauser and Quinn

Chasing Monarchs, Robert Michael Pyle

## **STORY AND ACTIVITY BOOKS FOR CHILDREN:**

Gotta Go! Gotta Go!, Sam Swope

Hurry and the Monarch, Antoine O Flatharta

Monarch Magic!, Lynn Rosenblatt

Monarch Butterfly, Gail Gibbons

Fairy Flight, Tracy Kane

How to Raise Monarch Butterflies, Carol Pasternak

Butterfly Papercrafts, Sal Levinson and Danielle Levinson

Butterfly Activity Book, Patricia J. Wynne

The Life Cycle of a Butterfly, A Bobbie Kalman Book