

Monarch Butterfly Garden

Plant suggestions for North Carolina

Nectar Plants

Shrubs

Chinese Abelia *Abelia chinensis*

Perennials

Swamp milkweed *Asclepias incarnata* H, N

Butterflyweed *Asclepias tuberosa* H, N

Blazing star *Liatris spicata* H, N

Purple coneflower *Echinacea purpurea* N

Narrowleaf Ironweed *Vernonia lettermanii* N

Lantana *Lantana camara* 'Miss Huff'

Great Blue Lobelia *Lobelia siphilitica* N

Garden Phlox *Phlox species* N

*Creeping Phlox *Phlox subulata* N

*Creeping Verbena *Glandularia canadensis*

'Homestead Purple' N

Stokes' aster *Stokesia laevis* N

Showy stonecrop *Hylotelephium spectabile*

*early blooming H=host plant N=native

Annuals

Mexican sunflower *Tithonia rotundifolia*

Vinca *Catharanthus roseus* 'Peppermint Cooler'

Zinnas, various cultivars (single-flowered form)

Creeping Lantana *Lantana montevidensis*

Host Plants

Native Trees

Black cherry *Prunus serotina*

Hackberry *Celtis occidentalis*

Sassafras *Sassafras albidum*

Sweet Bay Magnolia *Magnolia virginiana*

Tulip Poplar *Liriodendron tulipifera*

Winged elm *Ulmus alata*

Native Shrubs

Northern spicebush *Lindera benzoin*

Perennials

Milkweeds *Asclepias*, many species

Annuals & Herbs

Bronze Fennel

Parsley

Snapdragon

- Butterflies roost in trees on cool, rainy days and at night
- They can lay up to 200 eggs, two of which may survive

Stages: Egg 4-10 days
Caterpillar 2-4 weeks,
Chrysalis 6-14 days
Butterfly 6-14 days

A comprehensive butterfly garden should have both host and larval plants for the caterpillars and nectar plants for the butterflies to feed on.

