

PLANTS FOR BUTTERFLY AND POLLINATOR GARDENS

Native and Non-native Plants Suitable for Gardens in the Northeastern United States

The plants listed here are suitable for school and home gardens for most of the eastern United States-- defined here as 35N to 46N latitude from east of the 98th parallel to the Atlantic, (or roughly from central MN to southeastern KS and east to the coast). Many of the plants listed as native do not occur throughout the eastern United States. Please note that for your convenience we have subdivided the region to allow you to choose the native plants that are most effective in your area. Further information on the distributions of native plants can be found by consulting the North American Plant Atlas (<http://bonap.net/NAPA>) or by consulting the USDA Plants Database (<http://plants.usda.gov>) provided by the Natural Resources Conservation Service (NRCS). For a list of plants that are suitable for butterfly/pollinator gardens in Texas, please see the Texas Plant List at <http://monarchwatch.org/garden>. If you plan to create a *Monarch Waystation* or butterfly/pollinator habitat in a region other than the northeast and Texas, it is advisable to consult with local gardening experts and those who specialize in native plants to determine the plants that can be used to greatest effect, given the climate and soil conditions in your area. It is also suggested that you check the cultural requirements (soil, moisture, light exposure) for each species before purchasing/planting.

Diversity is the key to a successful butterfly/pollinator garden or *Monarch Waystation*. Select a location in full sun or one that receives at least eight hours of direct sunlight daily. When choosing plants, whether native or non-native, use only single-flowered varieties. To create a showy block of color and fragrance, plant each species in clusters of 7-9 plants. Grow your own plants organically or purchase plants from nurseries whose growers DO NOT use systemic insecticides or any other pesticides on their plants. Ask about this before you make your purchase.

Enhance your garden by incorporating other elements besides plants. Include places for pollinators to seek shelter from the wind and rain. Create wet, sandy or muddy spots for butterflies to imbibe salts and other nutrients. A location with dark stones or tiles for butterflies to perch on to warm up on cool mornings adds to the activity in the garden. Most importantly, discontinue use of all pesticides (insecticides, herbicides and fungicides) in the area, and ask bordering neighbors to do the same.

Milkweeds for monarchs can be obtained through **Monarch Watch** or vendors listed in the Milkweed Market (<http://monarchwatch.org/milkweed/market>). Native plant nurseries can be found in most areas, and native plants are often offered for sale at Farmers' Markets. Additional information can also be obtained by contacting local or regional Native Plant Societies.

For more information on creating a *Monarch Waystation* and instructions for certification, please see <http://monarchwatch.org/waystations>. If you have questions or need guidance, please contact us through our Bring Back The Monarch email address - bbtn@monarchwatch.org.

Key: N=native, P=perennial, A=annual, B=attracts bees, BF=attracts butterflies, BFh=butterfly host, HB=attracts hummingbirds, M-A= Mid-Atlantic region (IN=Inland/C=Coastal Plain), MW=Midwest region, GL=Great Lakes region, NE=New England region. Common plant names that are in **bold type** are "must-haves" for beginner gardeners-- they are easy to find and grow and are all-round good pollinator plants.

Please note: The plants that are considered average garden plants, annuals, or non-native species are generally checked in all regions, even though they may not be native to them, since they will typically grow anywhere if planted in a garden situation.

Common Name	Latin Name		N	P	A	B	BF	BFh	HB	M-A		MW	GL	NE
										IN	C			
Butterfly Host Plants for small to medium sized landscapes			Host Plant for											
Asters	<i>Aster spp. & Symphyotrichum spp.</i>	Pearl crescent	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓
Bearberry (Kinnikinnick)	<i>Arctostaphylos uva-ursi</i>	Hoary elfin	✓	✓		✓		✓	✓			✓	✓	✓
Bronze fennel	<i>Foeniculum vulgare</i>	Black swallowtail		✓				✓		✓	✓	✓	✓	✓
Bulbous bittercress	<i>Cardamine bulbosa</i> (Spring cress)	Falcate orange-tip	✓	✓		✓		✓		✓	✓	✓	✓	✓
Butterfly weed	<i>Asclepias tuberosa</i>	Monarch	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Clovers	<i>Trifolium spp.</i>	Eastern tailed blue, Gray hairstreak, sulphur spp.		✓		✓	✓	✓		✓	✓	✓	✓	✓
Common milkweed	<i>Asclepias syriaca</i>	Monarch	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
False nettle	<i>Boehmeria cylindrica</i>	Red admiral	✓	✓				✓		✓	✓	✓	✓	✓
Flat-topped white aster	<i>Doellingeria umbellata</i>	Harris' checkerspot	✓	✓		✓	✓	✓		✓		✓	✓	✓
Globe thistle	<i>Echinops ritro</i> (not a true thistle)	Painted lady		✓		✓	✓	✓		✓	✓	✓	✓	✓
Golden alexanders	<i>Zizia aurea</i>	Black swallowtail	✓	✓		✓		✓		✓	✓	✓	✓	✓
Narrow-leaved plantain	<i>Plantago lanceolata</i>	Baltimore checkerspot		✓				✓		✓	✓	✓	✓	✓
Passion vine	<i>Passiflora incarnata</i>	Variiegated fritillary	✓	✓		✓		✓		✓	✓	✓		
Pearly everlasting	<i>Anaphalis margaritacea</i>	American painted lady	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓
Pipevines	<i>Aristolochia spp.</i> (incl. VA snakeroot)	Pipevine swallowtail	✓	✓				✓		✓	✓	✓	✓	✓
Prairie milkweed	<i>Asclepias sullivantii</i>	Monarch	✓	✓		✓	✓	✓	✓			✓	✓	
Purple false foxglove	<i>Agalinis purpurea</i>	Common buckeye	✓	✓		✓		✓		✓	✓	✓	✓	✓
Purple milkweed	<i>Asclepias purpurascens</i>	Monarch	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Pussytoes	<i>Antennaria spp.</i>	American painted lady	✓	✓		✓		✓		✓	✓	✓	✓	✓
Saltmarsh false foxglove	<i>Agalinis maritima</i> (Seaside gerardia)	Common buckeye	✓	✓				✓			✓			✓
Sheep sorrel	<i>Rumex acetosella</i>	American copper		✓				✓		✓	✓	✓	✓	✓
Spicebush	<i>Lindera benzoin</i>	Spicebush swallowtail	✓	✓		✓		✓		✓	✓	✓	✓	✓
Sundial lupine	<i>Lupinus perennis</i>	Frosted elfin, Karner blue	✓	✓		✓		✓	✓		✓		✓	✓
Swamp milkweed	<i>Asclepias incarnata</i>	Monarch	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Tropical milkweed	<i>Asclepias curassavica</i>	Monarch			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Violets	<i>Viola spp.</i>	Great spangled fritillary	✓	✓	✓	✓		✓		✓	✓	✓	✓	✓
White turtlehead	<i>Chelone glabra</i>	Baltimore checkerspot	✓	✓		✓		✓		✓	✓	✓	✓	✓
Wild blue indigo	<i>Baptisia australis</i>	Wild indigo duskywing	✓	✓		✓		✓		✓	✓	✓	✓	✓
Wild senna	<i>Senna hebecarpa</i>	Sulphur species (several)	✓	✓		✓		✓		✓	✓		✓	✓
Wingstem	<i>Verbesina alterniflora</i>	Summer azure	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓
Woodland sunflower	<i>Helianthus divaricata</i>	Silvery checkerspot	✓	✓		✓	✓	✓		✓	✓		✓	✓
Woody Butterfly Host Plants for larger areas			Host Plant for											
American holly	<i>Ilex opaca</i>	Henry's elfin	✓	✓		✓		✓			✓			
Atlantic white cedar	<i>Chamaecyparis thyoides</i>	Hessel's hairstreak	✓	✓				✓			✓			✓

Common Name	Latin Name		N	P	A	B	BF	BFh	HB	M-A		MW	GL	NE
										IN	C			
Beach plum	<i>Prunus maritima</i>	Red-spotted purple, Coral hairstreak	✓	✓		✓	✓	✓			✓			✓
Birch	<i>Betula spp.</i>	White admiral, Compton's tortoiseshell, Tig. swallowtail	✓	✓				✓				✓	✓	✓
Black Locust	<i>Robina pseudoacacia</i>	Silver-spotted skipper	✓	✓		✓		✓		✓	✓	✓	✓	✓
Black willow	<i>Salix nigra</i>	Viceroy, Mourning cloak	✓	✓				✓		✓	✓	✓	✓	✓
Blueberry	<i>Vaccinium spp.</i>	Brown elfin	✓	✓		✓		✓		✓	✓		✓	✓
Dogwood	<i>Cornus spp.</i>	Spring azure, Summer azure	✓	✓		✓		✓		✓	✓	✓	✓	✓
Eastern redbud	<i>Cercis canadensis</i>	Henry's elfin	✓	✓		✓		✓		✓		✓	✓	
Eastern red-cedar	<i>Juniperus virginiana</i>	Olive Juniper hairstreak	✓	✓				✓		✓	✓	✓	✓	✓
Elm	<i>Ulmus spp.</i>	Question marks and Commas	✓	✓				✓		✓	✓	✓	✓	✓
Hackberry	<i>Celtis occidentalis</i>	American snout, Tawny and Hackberry emperors	✓	✓				✓		✓	✓	✓	✓	
Pawpaw	<i>Asimina triloba</i>	Zebra swallowtail	✓	✓				✓		✓	✓	✓	✓	
Pines	<i>Pinus strobus, P.taeda, P.virginiana</i>	Eastern pine elfin	✓	✓				✓		✓	✓			✓
Sassafras	<i>Sassafras albidum</i>	Spicebush swallowtail	✓	✓		✓		✓		✓	✓	✓		
Tulip poplar	<i>Liriodendron tulipifera</i>	Eastern tiger swallowtail	✓	✓		✓		✓		✓	✓		✓	
Wild black cherry	<i>Prunus serotina</i>	Red-spotted purple, Coral hairstreak	✓	✓		✓		✓		✓	✓	✓	✓	✓
Nectar Plants for Butterflies & Other Pollinators														
Spring to early Summer:			Comments											
Allegheny monkeyflower	<i>Mimulus ringens</i>		✓	✓		✓			✓	✓	✓	✓	✓	✓
Bride's feathers	<i>Aruncus dioicus</i> (Goat's beard)		✓	✓		✓				✓	✓		✓	✓
Candytuft	<i>Iberis amara, I. umbellata</i>				✓	✓	✓			✓	✓	✓	✓	✓
Chives	<i>Allium schoenoprasum</i>	attracts cabbage whites		✓		✓	✓			✓	✓	✓	✓	✓
Coastal sweet pepperbush	<i>Clethra alnifolia</i>		✓	✓		✓	✓		✓		✓			✓
Coral bells	<i>Heuchera sanguinea</i>		✓	✓					✓	✓	✓	✓	✓	✓
Cranesbill	<i>Geranium spp.</i>	also biennial species	✓	✓	✓	✓				✓	✓	✓	✓	✓
Early saxifrage	<i>Saxifraga virginiensis</i>		✓	✓		✓	✓			✓	✓		✓	✓
Eastern red columbine	<i>Aquilegia canadensis</i>		✓	✓		✓			✓	✓	✓	✓	✓	✓
Foamflower	<i>Tiarella cordifolia</i>		✓	✓		✓	✓			✓	✓		✓	✓
Foxglove beardtongue	<i>Penstemon digitalis</i>		✓	✓		✓			✓	✓	✓	✓	✓	✓
Golden Alexanders	<i>Zizia aurea</i>		✓	✓		✓				✓	✓	✓	✓	✓
Lilac	<i>Syringa spp.</i>	shrub		✓		✓	✓		✓	✓	✓	✓	✓	✓
Lyreleaf sage	<i>Salvia lyrata</i>		✓	✓		✓	✓		✓	✓	✓	✓		
Pincushion flower	<i>Scabiosa spp.</i>			✓		✓	✓		✓	✓	✓	✓	✓	✓
Pinks (Sweet William)	<i>Dianthus spp.</i>	biennial				✓	✓		✓	✓	✓	✓	✓	✓
Siberian wallflower	<i>Cheiranthus allionii</i>	also biennial species		✓		✓	✓			✓	✓	✓	✓	✓

Common Name	Latin Name		N	P	A	B	BF	BFh	HB	M-A		MW	GL	NE
										IN	C			
Spring beauty	<i>Claytonia virginica</i>		✓	✓		✓	✓			✓	✓	✓	✓	✓
Trailing arbutus	<i>Epigaea repens</i>		✓	✓		✓	✓			✓	✓		✓	✓
Viburnum	<i>Viburnum spp.</i>	shrub	✓	✓		✓				✓	✓	✓	✓	✓
Virginia bluebells	<i>Mertensia virginica</i>		✓	✓		✓	✓		✓	✓	✓		✓	✓
White wild indigo	<i>Baptisia alba</i>		✓	✓		✓						✓	✓	
Wild bleeding heart	<i>Dicentra eximia</i>		✓	✓		✓			✓	✓	✓		✓	
Wild blue phlox	<i>Phlox divaricata</i>		✓	✓		✓	✓		✓	✓	✓	✓	✓	✓
Wild petunia	<i>Ruellia humilis</i>		✓	✓		✓	✓		✓	✓	✓	✓	✓	
Summer to early Autumn:		Comments												
Ageratum	<i>Ageratum houstonium</i> 'Blue Horizon'				✓	✓	✓			✓	✓	✓	✓	✓
Anise hyssop	<i>Agastache rugosa</i> or <i>feniculum</i>	exceptional bee plant	✓	✓		✓	✓			✓	✓	✓	✓	✓
Azure blue sage	<i>Salvia azurea</i>		✓	✓		✓	✓					✓	✓	
Bigfruit Evening Primrose	<i>Oenothera macrocarpa</i>		✓	✓		✓			✓			✓		
Blue mistflower	<i>Conoclinium coelestinum</i>	spreads quickly	✓	✓		✓	✓			✓	✓	✓	✓	
Blue salvia	<i>Salvia farinacea</i>				✓	✓	✓		✓	✓	✓	✓	✓	✓
Blue vervain	<i>Verbena hastata</i>	tolerates soggy soil	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓
Borage	<i>Borago officinalis</i>	exceptional bee plant			✓					✓	✓	✓	✓	✓
Brazilian verbena	<i>Verbena bonariensis</i>	succumbs to powdery mildew			✓	✓	✓			✓	✓	✓	✓	✓
Butterfly bush	<i>Buddleia davidii</i> Flutterby series –only plant male sterile varieties	shrub; non-sterile varieties can be invasive		✓		✓	✓		✓	✓	✓	✓	✓	✓
Calico beardtongue	<i>Penstemon calycosus</i>		✓	✓		✓			✓			✓	✓	✓
Cardinalflower	<i>Lobelia cardinalis</i>		✓	✓			✓		✓	✓	✓	✓	✓	✓
Catmint	<i>Nepeta siberica</i>			✓	✓	✓	✓			✓	✓	✓	✓	✓
Cobaea beardtongue	<i>Penstemon cobaea</i>		✓	✓		✓			✓			✓		
Common boneset	<i>Eupatorium perfoliatum</i>		✓	✓		✓	✓			✓	✓	✓	✓	✓
Common buttonbush	<i>Cephalanthus occidentalis</i>	shrub	✓	✓		✓	✓			✓	✓	✓	✓	✓
Cosmos	<i>Cosmos sulphureus</i> 'Cosmic Red' 'Cosmic orange'	use single-flowered varieties			✓	✓	✓			✓	✓	✓	✓	✓
Culver's root	<i>Veronicastrum virginicum</i>		✓	✓		✓	✓			✓	✓	✓	✓	✓
Egyptian starclusters	<i>Pentas lanceolata</i> 'Ruby Glow'	some cultivars lack nectar			✓		✓		✓	✓	✓	✓	✓	✓
Fewleaf sunflower	<i>Helianthus occidentalis</i>		✓	✓		✓	✓			✓		✓	✓	
Globe amaranth	<i>Gomphrena haageana</i> 'QIS Orange'	orange and hot pink best			✓	✓	✓			✓	✓	✓	✓	✓
Great blue lobelia	<i>Lobelia siphilitica</i>		✓			✓			✓	✓	✓	✓	✓	✓
Hairy beardtongue	<i>Penstemon hirsutus</i>		✓			✓			✓	✓	✓		✓	✓
Indian blanket	<i>Gaillardia aristata</i> (Blanket flower)		✓			✓	✓			✓	✓	✓	✓	✓
Joe-Pye weed	<i>Eutrochium spp.</i>	short cultivars have nectar	✓	✓		✓	✓			✓	✓	✓	✓	✓
Lanceleaf Tickseed	<i>Coreopsis lanceolata</i>		✓			✓	✓			✓	✓	✓	✓	✓
Lantana	<i>Lantana camara</i>	any color works			✓	✓	✓		✓	✓	✓	✓	✓	✓

Common Name	Latin Name		N	P	A	B	BF	BFh	HB	M-A		MW	GL	NE
										IN	C			
Larkspur	<i>Delphinium spp.</i>	both native and non-native	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓
Lavender	<i>Lavandula spp.</i>	attracts cabbage whites		✓		✓	✓			✓	✓	✓	✓	✓
Meadowsweet	<i>Spirea latifolia</i>	shrub	✓	✓		✓	✓			✓	✓		✓	✓
Mexican blue sage	<i>Salvia chamaedryoides</i>				✓	✓	✓		✓	✓	✓	✓	✓	✓
Mexican flame vine	<i>Senecio confuses 'Sau Paulo'</i>	tropical vine, long growing season required for bloom			✓	✓	✓			✓	✓	✓		
Mexican sunflower	<i>Tithonia rotundifolia 'Torch', 'Fiesta Del Sol'</i>				✓	✓	✓			✓	✓	✓	✓	✓
Mexican zinnia	<i>Zinna angustifolia 'Crystal Orange'</i>	resistant to powdery mildew			✓	✓	✓			✓	✓	✓	✓	✓
Michigan lily	<i>Lilium michiganense</i>		✓	✓		✓	✓		✓			✓	✓	
Milkweed	<i>Asclepias spp.</i>	a must-have!	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Mountainmint	<i>Pycnanthemum spp.</i>	spreads quickly	✓	✓		✓	✓			✓	✓	✓	✓	✓
New Jersey tea	<i>Ceanothus americanus</i>	shrub	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓
New York ironweed	<i>Vernonia novaboracensis</i>		✓	✓		✓	✓			✓	✓			✓
Pale purple coneflower	<i>Echinacea pallida</i>		✓	✓		✓	✓					✓	✓	
Pinnate prairie coneflower	<i>Ratibida pinnata</i>		✓	✓		✓	✓					✓	✓	
Prairie blazing star	<i>Liatris pycnostachya</i>		✓	✓		✓	✓					✓	✓	
Prairie Ironweed	<i>Vernonia fasciculata</i>		✓	✓		✓	✓					✓	✓	
Purple coneflower	<i>Echinacea purpurea</i>		✓	✓		✓	✓			✓	✓	✓	✓	
Red salvia	<i>Salvia splendens</i>	also called Scarlet sage			✓				✓	✓	✓	✓	✓	✓
Rose mock vervain	<i>Glandularia canadensis</i>		✓	✓		✓	✓					✓	✓	
Saliva 'Indigo spires'	<i>Saliva longispicata x farinacea</i>	exceptional bee plant			✓	✓	✓		✓	✓	✓	✓	✓	✓
Scarlet beebalm	<i>Monarda didyma</i> (Oswego tea)		✓	✓			✓		✓	✓	✓	✓	✓	✓
Spider flower	<i>Cleome hassleriana</i>				✓		✓	✓	✓	✓	✓	✓	✓	✓
Spotted beebalm	<i>Monarda punctata</i> (Horsemint)	exceptional bee plant	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓
Stiff goldenrod	<i>Oligoneuron rigidum</i>		✓	✓		✓	✓			✓	✓	✓	✓	
Tall blazing star	<i>Liatris aspera</i>		✓	✓		✓	✓					✓	✓	
Texas sage	<i>Salvia coccinea</i>				✓		✓		✓	✓	✓	✓	✓	✓
Tickseed	<i>Coreopsis spp.</i>		✓	✓		✓	✓			✓	✓	✓	✓	✓
Trumpet (coral) honeysuckle	<i>Lonicera sempervirens</i>	Not invasive; can train on arbor; can prune to shape	✓	✓					✓	✓	✓	✓	✓	✓
White doll's daisy	<i>Boltonia asteroides</i> (False aster)	Gets big; give lots of space	✓	✓		✓	✓			✓	✓	✓	✓	✓
White wood aster	<i>Eurybia divaricata</i>		✓	✓		✓	✓			✓	✓			✓
Wild bergamot	<i>Monarda fistulosa</i>	spreads quickly	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓
Wild petunia	<i>Ruellia humilis</i>		✓			✓	✓		✓	✓	✓	✓	✓	
Wild rose	<i>Rosa virginiana, R. maritima</i>	plant native species only; shrub	✓	✓		✓				✓	✓	✓	✓	✓
Zinnia	<i>Zinna elegans 'Profusion Orange, Fire, Apricot'</i>	resistant to powdery mildew; use any single-flowered var.			✓	✓	✓			✓	✓	✓	✓	✓
Autumn Plants:			Comments											
Autum sage	<i>Salvia greggii</i>			✓		✓	✓		✓	✓	✓	✓	✓	✓

Common Name	Latin Name		N	P	A	B	BF	BFh	HB	M-A		MW	GL	NE
										IN	C			
Blue mist spirea	<i>Caryopteris 'Dark Knight'</i>	shrub		✓		✓			✓	✓	✓	✓	✓	✓
Calamint	<i>Calamintha grandiflora</i>	can be invasive		✓		✓	✓			✓	✓	✓	✓	✓
Chrysanthemums	<i>C. leucanthemum 'Sheffield Pink' and 'Bolero'</i>	very late-blooming for late migrating monarchs		✓		✓	✓			✓	✓	✓	✓	✓
Cigar plant	<i>Cuphea ignea</i>				✓				✓	✓	✓	✓	✓	✓
Climbing hempweed	<i>Mikania scandens</i>	vine; coastal migrant monarchs	✓	✓		✓	✓				✓			✓
Common sneezeweed	<i>Helenium autumnale</i>		✓	✓		✓	✓			✓	✓	✓	✓	✓
Crowned beggarticks	<i>Bidens coronata</i>	any cultivar will work	✓		✓	✓	✓			✓	✓	✓	✓	✓
Eastern baccharis	<i>Baccharis halimifolia</i> (Groundsel tree)	shrub; excellent for coastal migrating monarchs	✓	✓		✓	✓				✓			
New England aster	<i>Symphotrichum novae-angliae</i>	good monarch attractant	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓
Purple-stemmed aster	<i>Symphotrichum puniceum</i>		✓	✓		✓	✓	✓		✓	✓	✓	✓	✓
Salt marsh fleabane	<i>Pluchea purpurascens</i>	coastal migrant monarchs	✓	✓		✓	✓				✓			
Seaside goldenrod	<i>Solidago sempervirens</i>	A must-have; fuels coastal migrant monarchs	✓	✓		✓	✓				✓		✓	✓
Sedum	<i>Sedum 'Autumn Joy', 'Autumn fire'</i>			✓		✓	✓			✓	✓	✓	✓	✓
Smooth beggartick	<i>Bidens laevis</i>	coastal migrant monarchs	✓		✓	✓	✓			✓	✓	✓	✓	✓
Smooth blue aster	<i>Symphotrichum laeve</i>		✓	✓		✓	✓	✓		✓	✓	✓	✓	✓
Tartarian aster	<i>Aster tartaricus 'Jindal'</i>	late bloom for monarchs		✓		✓	✓	✓		✓	✓	✓	✓	✓
White heath aster	<i>Symphotrichum ericoides</i>		✓	✓		✓	✓	✓		✓	✓	✓	✓	✓

I wish to thank Denise Gibbs and Ilse Gebhard (Monarch Conservation Specialists) for providing lists of plants for their regions, and Margarete Johnson (Master Gardener) and Elliott Duemler (Applied Ecological Services) for providing useful insights on the value of these plants to monarchs, other butterflies and pollinators.