

Save the Monarch



Monarch butterfly populations and those of many other helpful pollinators have dramatically declined over the past few years because of habitat loss and a myriad of other factors. Monarchs, which lay eggs on milkweed, require much milkweed to survive.

More native milkweed and other plants needed by monarchs must be established. These beautiful insects require plants during all stages of their life cycle. Monarchs lay eggs on milkweed, which is what the larvae exclusively feed on. Adults feed on nectar from large, fragrant flowers. The sunflower family of plants, known as the Asteraceae, is one of the adult monarch's favorite sources, but they are drawn to other yellow, pink, orange and purple nectar-producing flowers, too.

Several monarch-friendly plants native to Virginia thrive and, once established, are drought and deer resistant. Learn more at www.dcr.virginia.gov/monarch.



Plants for monarchs*

<i>Asclepias incarnata</i>	swamp milkweed	Leaves are critical for the egg and larvae stages. Pink blossoms provide nectar from July through August.
<i>Asclepias tuberosa</i>	butterfly weed	Leaves are food during the egg and larvae stages. Orange blossoms provide nectar from June through August.
<i>Aster novi-belgii</i>	New York aster	Purple flowers provide nectar from August through October.
<i>Coreopsis verticillata</i>	threadleaf coreopsis	Yellow flowers provide nectar from June through October.
<i>Helenium autumnale</i>	sneezeweed	Yellow flowers provide nectar from July through September.
<i>Helianthus angustifolius</i>	narrow-leaf sunflower	Yellow flowers provide nectar from September through October.
<i>Heleopsis helianthoides</i>	oxeye sunflower	Yellow flowers provide nectar from June through September.
<i>Hibiscus moscheutos</i>	Eastern rosemallow	Pink flowers provide nectar from June through September.
<i>Monarda didyma</i>	bee balm	Red flowers provide nectar from June through August.
<i>Phlox paniculata</i>	summer phlox	Lavender flowers provide nectar from July through September.
<i>Solidago odora</i>	sweet goldenrod	Yellow flowers provide nectar from August through October.
<i>Vernonia noveboracensis</i>	New York Ironweed	Purple flowers provide nectar from August through September.

* Buy insecticide-free plants.