



Host and Nectar Plants for a Monarch Butterfly Garden in the Ottawa Area (Ontario)

Host Plants for Caterpillars – Summer Blooms



Common milkweed (*Asclepias syriaca*)



Swamp milkweed (*Asclepias incarnata*)



Butterfly weed (*Asclepias tuberosa*)

Nectar Plants for Butterflies – Summer Blooms



Butterfly Bush (*Buddleia* spp.)



Anise Hyssop (*Hyssop foeniculum*)



Purple Coneflower (*Echinacea purpurea*)



Bee Balm (*Monarda* spp.)



Black-eyed Susan (*Rudbeckia hirta*)



Blazingstar, Gayfeather (*Liatris* spp.)



Coreopsis (*Coreopsis* spp.)



Catmint (*Nepeta* spp.)



Goldenrod (*Solidago* spp.)



Summer Phlox (*Phlox* spp.)



Joe-Pye Weed (*Eupatorium purpurea*)



Yarrow (*Achillea* spp.)

Nectar Plants for Butterflies – Fall Blooms



Sedum (*Sedum spectabile*)



Hydrangea (*Hydrangea paniculata*)



Baby Joe-Pye Weed (*Eupatorium maculatum*)



Ironweed (*Vernonia* spp.)



Meadow Blazingstar (*Liatris ligulistylis*)



New England Aster (*Symphyotrichum novae-angliae*)