


















## Preferred Nectar Sources for Monarch Butterflies in the Great Plains Region

Common Name	Scientific Name	Life Cycle	Colorado Native?	Nectar Value (Monarchs)	Image	Notes
Frostweed	<i>Verbesina virginica</i>	Perennial	No	Very High		Can grow to 6 feet tall
Antelope Horns	<i>Asclepias asperula</i>	Perennial	Yes	Very High		Grows 1-3 feet tall
Spotted Beebalm	<i>Monarda punctata</i>	Perennial	No	High		Grows 1-2 feet tall

Sunflowers	<i>Helianthus spp.</i>	Annual	Yes	High		Many different options for native and non-native flowers
Milkweeds	<i>Asclepias spp.</i>	Perennial	Yes	High		Many different options for native and non-native flowers; Also a Monarch Host plant.
Beebalm	<i>Monarda spp.</i>	Perennial	Yes	High		Many different options for native and non-native flowers
Dotted Gayfeather	<i>Liatris punctata</i>	Perennial	Yes	High		Grows 1-3 feet tall and 6-12 inches wide

Western Ironweed	<i>Vernonia baldwinii</i>	Perennial	No; on edge of native range	High		Grows up to 4 feet tall
Plume Thistles	<i>Cirsium spp.</i>	Perennial and Biennial	Yes	High		High ecological importance
Wavyleaf Thistle	<i>Cirsium undulatum</i>	Perennial	Yes	High		High ecological importance
Indian Blanket Flower	<i>Gaillardia pulchella</i>	Perennial or Annual	Yes	Moderate		Grows up to 2 feet tall




Black Eyed Susan	<i>Rudbeckia hirta</i>	Usually annual; sometimes biennial or perennial	Yes	Moderate		Grows up to 3 feet tall
Texas Vervain	<i>Verbena halei</i>	Perennial	No	Moderate		Shrub. Blooms March-June.
American Basketflower	<i>Centaurea americana</i>	Annual	No	Moderate		
White Heath Aster	<i>Symphyotrichum ericoides</i>	Perennial	Yes	Moderate		Can grow up to 3 feet tall.

Plains Coreopsis	<i>Coreopsis tinctoria</i>	Annual	Yes	Moderate		
Bitterweed	<i>Helenium amarum</i>	Annual	No	Moderate		

\*all images are from the internet and not owned by me

Source: <https://esajournals.onlinelibrary.wiley.com/doi/full/10.1002/ecs2.70085>

## Colorado Monarch Host Plants (Genus *Asclepias*)

Common Name	Scientific Name	Image	Notes
Showy Milkweed	<i>A. speciosa</i>		Blooms May-August with the largest flowers of this genus. Can grow to be 5 feet tall. Can survive in various habitats.
Antelope Horns Milkweed	<i>A. asperula</i>		Blooms April-June. Can grow up to 3 feet tall. Found in grasslands.
Plains Milkweed	<i>A. pumila</i>		Blooms June-August. Can grow up to a foot tall. Found in prairies and plains.

Swamp Milkweed	<i>A. incarnata</i>		Blooms June-September. Can grow up to 5 feet tall. Found in ditches and along water sources.
Horsetail Milkweed	<i>A. subverticillata</i>		Blooms May-August. Can grow up to 3 feet tall. Found in ditches and along water sources.

\*all images are from the internet and not owned by Butterfly Pavilion

Source: <https://www.xerces.org/sites/default/files/publications/19-019.pdf>