

Best (****) native and non-native monarch nectar sources in the Midwest include

Summer to early Autumn Plants

****Joe-Pye weed	<i>Eupatorium fistulosum</i> (Little joe)*
****New York ironweed	<i>Vernonia novaboracensis</i> *
Blue mistflower	<i>Conoclinium coelestinum</i> *
****Common boneset	<i>Eupatorium perfoliatum</i> *
****Blazing star	<i>Liatris pycnostachya</i> *
****Stiff goldenrod	<i>Solidago rigida</i> *
Seaside goldenrod	<i>Solidago sempervirens</i> *
Wild bergamot	<i>Monarda fistulosa</i> *
Horsemint	<i>Monarda punctata</i> *
Blanket flower	<i>Gaillardia aristata</i> *
****Purple coneflower	<i>Echinacea purpurea</i> *
Rosinweed	<i>Silphium trifoliatum</i> *
New Jersey Tea	<i>Ceanothus americanus</i> *
Garden phlox	<i>Phlox paniculata</i> *
Mountain mint	<i>Pycnamtheum sp</i> *
****Zinnia	<i>Zinnia elegans</i> 'Profusion Orange, Fire, Apricot'
Mexican Zinnia	<i>Zinnia angustifolia</i> 'Crystal Orange'
****Brazilian verbena	<i>Verbena bonariensis</i>
****Mexican sunflower	<i>Tithonia rotundifolia</i> 'Torch', 'Fiesta Del Sol'
****Cosmos	<i>Cosmos sulphureus</i> 'Cosmic Red' 'Cosmic orange'
Ageratum	<i>Ageratum houstonium</i> 'Blue Horizon'
****Egyptian starclusters	<i>Pentas lanceolata</i> 'Ruby Glow'
Mexican flame vine	<i>Senecio confuses</i> 'Sau Paulo'
Globe amaranth	<i>Gomphrena haageana</i> 'QIS Orange'
Blue Salvia	<i>Salvia farinacea</i>
Saliva, Indigo Spires	<i>Salvia longispicata x farinacea</i>
Boltonia	<i>Boltonia asteroides</i> 'Snowbank'
Anise hyssop	<i>Agastache rugosa</i> or <i>feniculum</i>
****Coreopsis	<i>Coreopsis tinctoria</i> 'Tropical Lemonade'
****Lavender	<i>Lavandula sp</i>
Catmints	<i>Nepeta siberica</i>
Mexican Blue Sage	<i>Salvia chamaedryoides</i>

Autumn Plants

****New England aster	<i>Symphotrichum novae-angliae</i> *
Smooth aster	<i>Aster laevis</i> *
Purple-stemmed aster	<i>Aster puniceus</i> *
Frost aster	<i>Aster ericoides</i> *
****Tickseed-sunflower	<i>Bidens coronata</i> *
Climbing hempweed	<i>Mikania scandens</i> *

Groundsel tree
Great blue lobelia
Sneezeweed

*Baccharis halimifolia**
*Lobelia siphilitica**
Helinium autumnale

****Chrysanthemums
Sedum
****Tartarian aster
Blue mist spirea
Calamint
****Autum sage

C. leucanthemum 'Sheffield Pink' and 'Bolero'
Sedum 'Autumn Joy' and 'Autumn Fire'
Aster tartaricus 'Jindal'
Caryopteris 'Dark Knight'
Calamintha grandiflora
Salvia greggii

*Native plants