

# **EASTERN** Oklahoma Plant List for *Monarch Butterflies*





## Why Monarchs?

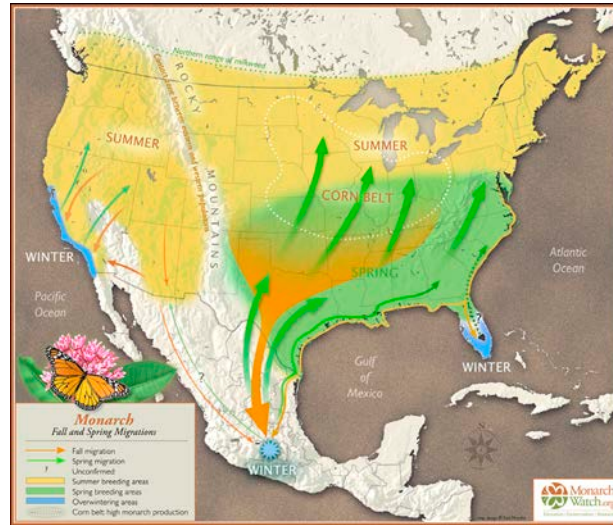


In the last decade, due to habitat loss and other factors, monarch butterfly populations have plummeted at an alarming rate. *And they continue to decline.*

Since 1996, monarch colonies have declined 90%. If all monarchs from the population high in the mid-1990s were grouped onto football fields, the area they covered has been reduced from 39 fields to an area barely larger than one.

Additionally, monarchs and other butterflies help pollinate our crops. It is important to restore and protect their habitat so we can continue to grow our food.

## Why Oklahoma?



Oklahoma is centrally located in the monarch migration flyway!

Each spring, monarchs migrate north through Oklahoma and the Great Plains to Canada in search of milkweed plants on which to lay their eggs. In the fall, they fly back through Oklahoma and the Great Plains south to Mexico to spend the winter.

In order for Monarchs to thrive, we Okies must provide ample food, shelter and breeding grounds during both their migrations.

## Take Action!



From Enid to Durant and Elk City to Tahlequah, now is the time (before it's too late) for us Okies to get our hands dirty and help the monarchs!

Action 1 - Show your support by taking the pledge to save the monarchs online at [okiesformonarchs.org](http://okiesformonarchs.org).

Action 2 - Provide monarchs with habitat by planting milkweed and nectar plants on your property. Did you know that Oklahoma has 26 different kinds of native milkweed plants and more than 79 monarch-friendly, native nectar plants? There's plenty to choose from! We made it easy with this visual guide of native plants adapted to your region's soil and climate.

Action 3 - Show us your new monarch habitat! Register your hard work online at [okiesformonarchs.org](http://okiesformonarchs.org) and don't forget to upload a picture so we can show it off.

# Using this Guide

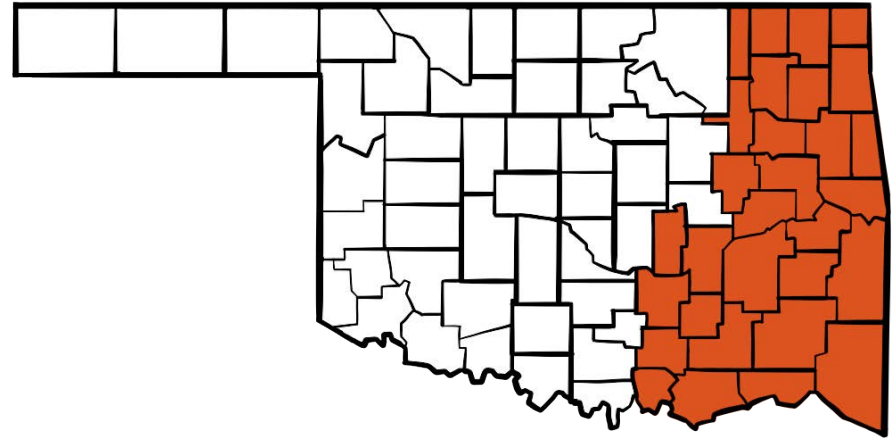
For optimum Monarch and butterfly habitat, plant at least 10 milkweed plants, made up of two or more species, and several annual, biennial, or perennial plants that are in bloom sequentially or continuously during spring (early), summer (mid) and fall (late).

Before purchasing plants, consider asking to make sure they haven't been treated with systemic insecticides. These chemicals can be harmful to the plant itself which in turn is harmful to the caterpillars that eat the plants.

The Central Oklahoma ecological region is made up of Washington, Nowata, Craig, Ottawa, Tulsa, Rogers, Mayes, Delaware, Wagoner, Cherokee, Adair, Okmulgee, Muskogee, Sequoyah, Seminole, Hughes, MacIntosh, Haskell, Pontotoc, Coal, Pittsburg, Latimer, Le Flore, Johnston, Atoka, Pushmataha, Marshall, Bryan, Choctaw, McCurtain counties.

The native plants listed in this guide will do best in this region. Please note however, if you are located near the boundary line between the Central and Eastern regions, consider utilizing plants from both regions.

The ecological regions and coresponding plant list were provided by the Natural Resources Conservation Service (NRCS) and The Xerces Society for Invertebrate Conservation.



# EARLY SPRING & MID SUMMER BLOOM



**BUTTERFLY MILKWEED**  
*Asclepias tuberosa*

- › Likes full sun
- › Grows 1-2' ft. tall
- › Low water use
- › Perennial



**DAKOTA MOCK VERVAIN**  
*Glandularia bipinnatifida*

- › Likes sun, part shade
- › Grows 0-1' ft. tall
- › Low to Medium water use
- › Perennial



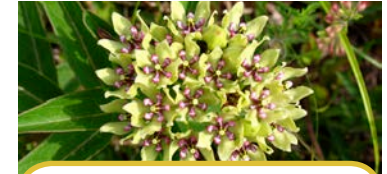
**EASTERN PURPLE CONEFLOWER**  
*Echinacea purpurea*

- › Likes sun, part shade
- › Grows 2-5' ft. tall
- › Medium water use
- › Perennial



**ENTIRE LEAF INDIAN PAINTBRUSH**  
*Castilleja indivisa*

- › Likes full sun
- › Grows 6-16" in. tall
- › High drought tolerance
- › Annual



**GREEN ANTELOPEHORN**  
*Asclepias viridis*

- › Likes sun
- › Grows 9¾ - 25½" in. tall
- › Low water use
- › Perennial



**INDIAN BLANKET**  
*Gaillardia pulchella*

- › Likes full sun
- › Grows 1-2' ft. tall
- › High drought tolerance
- › Annual



**INDIAN HEMP**  
*Apocynum cannabinum*

- › Likes sun
- › Grows 3-4' ft. tall
- › Likes a lot of water
- › Perennial



**LEMON BEEBALM**  
*Monarda citriodora*

- › Likes sun
- › Grows 1-2' ft. tall
- › Low water use
- › Annual



**PALE PURPLE CONEFLOWER**  
*Echinacea pallida*

- › Likes full sun
- › Grows 2-4' ft. tall
- › Medium water use
- › Perennial



**ROUNDHEAD PRAIRIE CLOVER**  
*Dalea multiflora*

- › Likes sun
- › Grows 1-3' ft. tall
- › High drought tolerance
- › Perennial



**SNEEZEWEED**  
*Helenium amarum*

- › Likes some shade
- › Grows 1-3' ft. tall
- › Low water use
- › Annual



**SPIDER MILKWEED**  
*Asclepias asperula*

- › Likes full sun
- › Grows 1-2' ft. tall
- › Medium water use
- › Perennial



**SPOTTED BEEBALM**  
*Monarda punctata*

- › Likes full sun
- › Grows 1-3' ft. tall
- › Low water use
- › Annual



**TEXAS VERVAIN**  
*Verbena halei*

- › Likes full sun
- › Grows 1-2½' ft. tall
- › Low water use
- › Perennial



**WILD BLUE PHLOX**  
*Phlox divaricata*

- › Likes sun, part shade
- › Grows 8-18" in. tall
- › Medium water use
- › Perennial



# MID & LATE SUMMMER BLOOM



**AMERICAN STAR THISTLE**  
*Centaurea americana*

- › Likes sun, some shade
- › Grows 1½ -5' ft. tall
- › Low water use
- › Annual



**ASHY SUNFLOWER**  
*Helianthus mollis*

- › Likes full sun
- › Grows 2-6' ft. tall
- › Low water use
- › Perennial



**BALDWIN'S IRONWEED**  
*Vernonia baldwinii*

- › Likes full sun
- › Grows 3-5' ft. tall
- › Low water use
- › Perennial



**BEARDED BEGGARTICKS**  
*Bidens aristosa*

- › Likes part shade
- › Grows 3-6' ft. tall
- › High water use
- › Annual



**BLACK SAMSON ECHINACEA**  
*Echinacea angustifolia*

- › Likes part shade
- › Grows 1½-2' ft. tall
- › Low water use
- › Perennial



**BLUE MISTFLOWER**  
*Conoclinium coelestinum*

- › Likes sun, part shade
- › Grows 3' ft. tall
- › Medium water use
- › Perennial



**CALICO ASTER**  
*Symphotrichum lateriflorum*

- › Likes sun, some shade
- › Grows 2-3' ft. tall
- › Low water use
- › Perennial



**COMMON BONESET**  
*Eupatorium perfoliatum*

- › Likes some shade
- › Grows 3-6' ft. tall
- › Low water use
- › Perennial



**COMMON BUTTONBUSH**  
*Cephalanthus occidentalis*

- › Likes part shade
- › Grows 6-12' ft. tall
- › High water use
- › Perennial



**COMMON DITTANY**  
*Cunila origanoides*

- › Likes sun, part shade
- › Grows 0-1' ft. tall
- › Low water use
- › Perennial



**COMMON MILKWEED**  
*Asclepias syriaca*

- › Likes full sun
- › Grows 3-5' ft. tall
- › Medium water use
- › Perennial



**COMMON SUNFLOWER**  
*Helianthus annuus*

- › Likes full sun
- › Grows 1½ - 8' ft. tall
- › Medium water use
- › Annual



**COMPASS PLANT**  
*Silphium laciniatum*

- › Likes full sun
- › Grows 3-6' ft. tall
- › Low water use
- › Perennial



**CUP PLANT**  
*Silphium perfoliatum*

- › Likes full sun
- › Grows 3-6' ft. tall
- › High drought tolerance
- › Perennial



**DOTTED BLAZING STAR**  
*Liatris punctata*

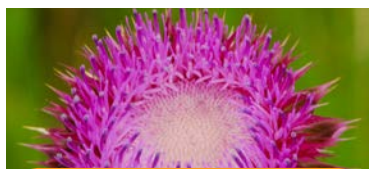
- › Likes full sun
- › Grows 1-2' ft. tall
- › Medium water use
- › Perennial

# MID & LATE SUMMER BLOOM



**DOWNY RAGGED GOLDENROD**  
*Solidago petiolaris*

- › Likes full sun
- › Grows 3-6' ft. tall
- › Low water use
- › Perennial



**FIELD THISTLE**  
*Cirsium discolor*

- › Likes full sun
- › Grows 3-6' ft. tall
- › Low water use
- › Biennial (2 yr. life cycle)



**GOLDEN CROWNBEARD**  
*Verbesina encelioides*

- › Likes full sun
- › Grows 1-3' ft. tall
- › Low water use
- › Annual



**GRAY GOLDENROD**  
*Solidago nemoralis*

- › Likes sun, part shade
- › Grows 1½-2' ft. tall
- › Medium water use
- › Perennial



**HOARY VERBENA**  
*Verbena stricta*

- › Likes full sun
- › Grows 1-4' ft. tall
- › Low water use
- › Annual



**JERUSALEM ARTICHOKE**  
*Helianthus tuberosus*

- › Likes sun
- › Grows 3-6' ft. tall
- › Low water use
- › Perennial



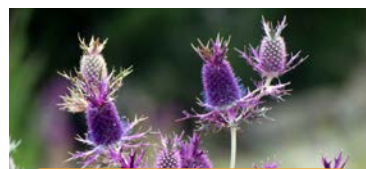
**LATEFLOWERING THOROUGHWORT**  
*Eupatorium serotinum*

- › Likes part shade
- › Grows 1-3' ft. tall
- › Medium water use
- › Perennial



**LEADPLANT**  
*Amorpha canescens*

- › Likes sun, some shade
- › Grows 1-3' ft. tall
- › Low water use
- › Perennial



**LEAVENWORTH'S ERYNGO**  
*Eryngium leavenworthii*

- › Likes full sun, some shade
- › Grows 20-40" in. tall
- › Low water use
- › Annual



**MAXIMILIAN SUNFLOWER**  
*Helianthus maximiliani*

- › Likes full sun
- › Grows 3-10' ft. tall
- › Low water use
- › Perennial



**MEALYCUP SAGE**  
*Salvia farinacea*

- › Likes full sun
- › Grows 2-3' ft. tall
- › Low water use
- › Perennial



**MISSOURI GOLDENROD**  
*Solidago missouriensis*

- › Likes full sun
- › Grows 1-2' ft. tall
- › Low water use
- › Perennial



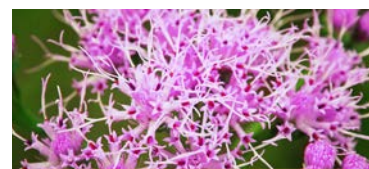
**NARROWLEAF MOUNTAIN MINT**  
*Pycnanthemum tenuifolium*

- › Likes sun, some shade
- › Grows 20-30" in. tall
- › Medium water use
- › Perennial



**PENNSYLVANIA SMARTWEED**  
*Polygonum pensylvanicum*

- › Likes full sun
- › Grows 4" in. - 6' ft. tall
- › Medium water use
- › Annual



**PINK-SCALE BLAZING STAR**  
*Liatris elegans*

- › Likes full sun
- › Grows 1-4' ft. tall
- › Low water use
- › Perennial



# MID & LATE SUMMER BLOOM



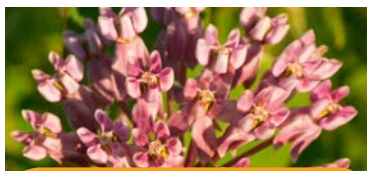
**PRAIRIE BLAZING STAR**  
*Liatris pycnostachya*

- › Likes full sun
- › Grows 2-5' ft. tall
- › Medium water use
- › Perennial



**PRAIRIE IRONWEED**  
*Vernonia fasciculata*

- › Likes sun, part shade
- › Grows 2-5' ft. tall
- › Medium water use
- › Perennial



**PRAIRIE MILKWEED**  
*Asclepias sullivantii*

- › Likes sun
- › Grows 2-3' ft. tall
- › Medium water use
- › Perennial



**PURPLE PRAIRIE CLOVER**  
*Dalea purpurea*

- › Likes full sun
- › Grows 8-35" in. tall
- › Low water use
- › Perennial



**RATTLESNAKE MASTER**  
*Eryngium yuccifolium*

- › Likes full sun
- › Grows 4-6' ft. tall
- › Low water use
- › Perennial



**ROUGHSTEM ROSINWEED**  
*Silphium radula*

- › Likes full sun
- › Grows 1-2' ft. tall
- › Low water use
- › Perennial



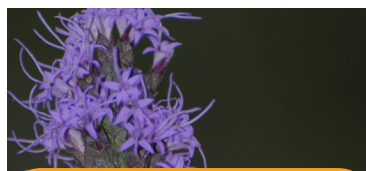
**ROUNDLEAF RAGWORT**  
*Packera obovata*

- › Likes some shade
- › Grows 1-3' ft. tall
- › Low water use
- › Perennial



**SAWTOOTH SUNFLOWER**  
*Helianthus grosseserratus*

- › Likes full sun
- › Grows 1-3' ft. tall
- › Medium water use
- › Perennial



**SCALY BLAZING STAR**  
*Liatris squarrosa*

- › Likes full sun
- › Grows 10-24" in. tall
- › Low water use
- › Perennial



**SHINY GOLDENROD**  
*Oligoneuron nitidum*

- › Likes full sun
- › Grows 1-3' ft. tall
- › Low water use
- › Perennial



**SHOWY GOLDENROD**  
*Solidago speciosa*

- › Likes shade
- › Grows 1-5' ft. tall
- › High water use
- › Perennial



**SMOOTH BLUE ASTER**  
*Symphyotrichum laeve*

- › Likes full sun
- › Grows 1-3' ft. tall
- › Low water use
- › Perennial



**SMOOTH OXEYE**  
*Heliopsis helianthoides*

- › Likes sun, part shade
- › Grows 3-5' ft. tall
- › Low water use
- › Perennial



**STIFF SUNFLOWER**  
*Helianthus pauciflorus*

- › Likes full sun
- › Grows 1-6' ft. tall
- › Low water use
- › Perennial



**STIFF TICKSEED**  
*Coreopsis palmata*

- › Likes sun, part shade
- › Grows 1-3' ft. tall
- › Low water use
- › Perennial

# MID & LATE SUMMMER BLOOM



**SWAMP MILKWEED**  
*Asclepias incarnata*

- › Likes sun, part shade
- › Grows 2-4' ft. tall
- › High water use
- › Perennial



**SWAMP VERVAIN**  
*Verbena hastata*

- › Likes full sun, part shade
- › Grows 2-5' ft. tall
- › High water use
- › Perennial



**SWEET SCENTED JO PYE WEED**  
*Eutrochium purpureum*

- › Likes full sun, part shade
- › Grows 2-6' ft. tall
- › High water use
- › Perennial



**TALL THISTLE**  
*Cirsium altissimum*

- › Likes sun, part shade
- › Grows 6-12' ft. tall
- › Low water use
- › Biennial (2 yr. life cycle)



**TEXAS THISTLE**  
*Cirsium texanum*

- › Likes sun, part shade
- › Grows 2-5' ft. tall
- › Low water use
- › Biennial (2 yr. life cycle)



**WHITE HEATH ASTER**  
*Symphotrichum ericoides*

- › Likes full sun
- › Grows 1-3' ft. tall
- › Low water use
- › Perennial



**WHITE PRAIRIE CLOVER**  
*Dalea candida*

- › Likes full sun
- › Grows 1-2' ft. tall
- › Medium water use
- › Perennial



**WHOLELEAF ROSINWEED**  
*Silphium integrifolium*

- › Likes full sun
- › Grows 3-6' ft. tall
- › Low water use
- › Perennial



**WHORLED MILKWEED**  
*Asclepias verticillata*

- › Likes sun, part shade
- › Grows 1-3' ft. tall
- › Low water use
- › Perennial



**WILD BERGAMONT**  
*Monarda fistulosa*

- › Likes sun, part shade
- › Grows 2-5' ft. tall
- › Medium water use
- › Perennial



**WRINKLELEAF GOLDENROD**  
*Solidago rugosa*

- › Likes full sun
- › Grows 2-5' ft. tall
- › Medium water use
- › Perennial



**YELLOW THISTLE**  
*Cirsium horridulum*

- › Likes full sun
- › Grows 1-5½' ft. tall
- › Low water use
- › Annual



# LATE SUMMER / FALL BLOOM



**AROMATIC ASTER**  
*Symphotrichum oblongifolium*

- › Likes sun, part shade
- › Grows 1-2' ft. tall
- › Low water use
- › Perennial



**BLUE SAGE**  
*Salvia azurea*

- › Likes part shade
- › Grows 3-6' ft. tall
- › Low water use
- › Perennial



**CANADA GOLDENROD**  
*Solidago altissima*

- › Likes sun, part shade
- › Grows 2-4' ft. tall
- › Medium water use
- › Perennial



**EASTERN BACCHARIS**  
*Baccharis halimifolia*

- › Likes part shade
- › Grows 6-12' ft. tall
- › High water use
- › Perennial



**GIANT IRONWEED**  
*Vernonia gigantea*

- › Likes sun, part shade
- › Grows 2-5' ft. tall
- › High water use
- › Perennial



**HAIRY WHITE OLDFIELD ASTER**  
*Symphotrichum pilosum*

- › Likes sun, part shade
- › Grows 1-2' ft. tall
- › Low water use
- › Perennial



**SPANISH GOLD**  
*Grindelia papposa*

- › Likes full sun
- › Grows 3-6' ft. tall
- › Low water use
- › Annual



**STIFF GOLDENROD**  
*Oligoneuron rigidum*

- › Likes full sun
- › Grows 3-7" in. tall
- › Low water use
- › Perennial



**SWAMP SUNFLOWER**  
*Helianthus angustifolius*

- › Likes sun, part shade
- › Grows 1-3' ft. tall
- › Medium water use
- › Perennial



**TALL BLAZING STAR**  
*Liatris aspera*

- › Likes full sun
- › Grows 1-4' ft. tall
- › Low water use
- › Perennial



**WHITE CROWNBEARD**  
*Verbesina virginica*

- › Likes shade
- › Grows 3-6' ft. tall
- › Low water use
- › Biennial



**WILLOWLEAF ASTER**  
*Symphotrichum praealtum*

- › Likes sun, part shade
- › Grows 1-2' ft. tall
- › High water use
- › Perennial



**YELLOW WINGSTEM**  
*Verbesina alternifolia*

- › Likes sun, part shade
- › Grows 1-2' ft. tall
- › High water use
- › Perennial





# Additional Resources

Lady Bird Johnson Wildflower Center  
wildflower.org

Take the Pledge and Save the Monarchs  
okiesformonarchs.org/pledge

The Kerr Center Guide to Native Milkweeds of Oklahoma  
<http://kerrcenter.com/publication/native-milkweeds-oklahoma/>

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