

## Monarch Plant Kit Care Guide

Thank you for helping to support Western Monarch habitat with this native plant kit. Western Monarch butterfly populations have declined significantly since their populations started being counted in the 1980s, with less than 0.01% of that historic population size remaining. As a migratory species Western Monarchs travel back and forth between sheltered overwintering sites across coastal California and breeding habitat throughout California and the Intermountain West. Monarchs are threatened by habitat loss in their breeding and overwintering ranges, pesticides, and climate change. There is still hope to save this impressive species and their migration, and your participation in establishing habitat can make a big impact.

Below you will find care instructions and information about milkweed and nectar plants, some of which are present in your habitat kit. Every kit contains 2 milkweed and 3 nectar plants to get your monarch nectary, or waystation, started. Your backyard waystation will be a crucial part of helping our Western Monarch populations survive and recover. All nectar plants in this guide will also benefit other pollinators like moths, additional butterfly species, and bees. You can use this list as a reference when you are ready to expand pollinator habitat in your yard.






**For more information**, please consult the resources provided by our friends at Xerces Society and Monarch Joint Venture at [xerces.org](http://xerces.org) and [monarchjointventure.org](http://monarchjointventure.org)

**If you would like to volunteer** in counting the Western Monarch population each winter, please visit [westernmonarchcount.org](http://westernmonarchcount.org) and connect with your regional coordinator! To participate in additional community science initiatives to help monarchs, document your monarch and milkweed sightings at [monarchmilkweedmapper.org](http://monarchmilkweedmapper.org)



**Additional monarch friendly plants can be purchased from:** Hallberg Butterfly Garden, Cal Flora Nursery, CNL Nursery, Sonoma Ecology Center, Jail Industries Nursery, or wherever native plants are sold.





### **KEY:**



Symbols Used in this guide:  full sun,  part sun,  drought resistant,  deer resistant,  host for glassy winged sharpshooter – maintain 100' buffer with grapevines.

## Milkweed – host plant for monarchs

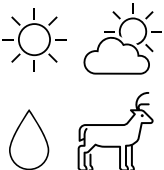



All three milkweed plants below are native to Sonoma County and are essential to Western Monarch Butterflies. Milkweeds are the only species on which Monarchs will lay their eggs, monarch caterpillars then eat milkweed to help them become unpalatable to predators. To help maintain Western Monarch migratory behavior milkweed should not be planted within 3-5 miles of the coast, and tropical milkweed should be excluded from gardens. Milkweed can be susceptible to overwatering, so be sure to let the roots dry out in between watering.





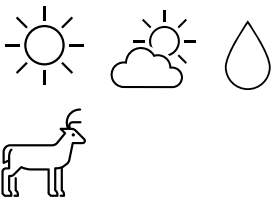



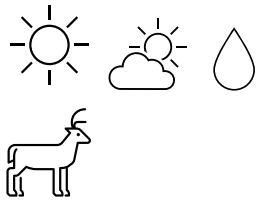

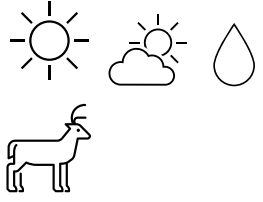

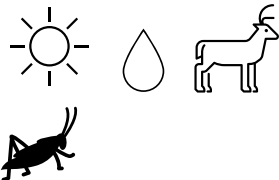

| Name   | Species Information   |   |
|--|---|---|
| <p><b>Heart-leaf milkweed</b><br/><i>Asclepias cordifolia</i></p>       | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 1-4 ft tall<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> purple, lavender, red<br/> <b>Bloom period:</b> May-July<br/> <b>Sun:</b> part shade to full sun<br/> <b>Water needs:</b> max 2x per month in the summer once established</p> <p>Occasional early spring blooms depending on weather and location. Enjoys well drained soils. In the wild Heart-leaf milkweed can be found on rocky sunny slopes, and in chaparral and woodland ecosystems.</p>                 |   |
| <p><b>Narrow leaf milkweed</b><br/><i>Asclepias fascicularis</i></p>  | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 1.5-3.3 ft tall, 1 ft wide<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> lavender, white<br/> <b>Bloom period:</b> June-October<br/> <b>Sun:</b> full sun<br/> <b>Water needs:</b> max 2x per month in the summer once established</p> <p>This is one of our most important milkweed species for monarch conservation and has a broad distribution throughout the west. Successful in growing in clay soils. Often stems are covered in aphids but, no need to worry.</p> |  |

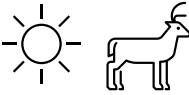



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| <p><b>Showy milkweed</b><br/><i>Asclepias speciosa</i></p>  | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 1.5-6 ft tall, 4 ft wide<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> pink, white, purple<br/> <b>Bloom period:</b> June-July<br/> <b>Sun:</b> full sun<br/> <b>Water needs:</b> max 2x per month in the summer once established</p> <p>Our largest native milkweed. Prefers well drained soils but can tolerate more moisture than <i>A. fascicularis</i>. This is a suitable plant for much of the Alexander Valley and the Santa Rosa Plain. Lowest toxicity of all three native milkweeds, still should be deer resistant.</p> |  |
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**Nectar Plants – nectar/food resource for monarchs**

| <u>Name</u>  | <u>Species Information</u>   |  |
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| <p><b>Yarrow</b><br/><i>Achillea millefolium</i></p>              | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 1-3 ft tall, .5-1.5 ft wide<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> white, yellow<br/> <b>Bloom period:</b> April-August<br/> <b>Sun:</b> full sun to part shade<br/> <b>Water needs:</b> max 1x per week in the summer once established</p> <p>Naturally found in meadows or higher disturbance sites, this plant tolerates fast to slow draining soils.</p>  |   |
| <p><b>Great Valley Gumweed</b><br/><i>Grindelia camporum</i></p>  | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 2-6.5 ft tall, up to 3 ft wide<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> yellow<br/> <b>Bloom period:</b> April-October<br/> <b>Sun:</b> full sun<br/> <b>Water needs:</b> max 1x per month in the summer once established</p> <p>A hardy forb that will tolerate a variety of soil types and drainages. Naturally occurring among chaparral plant communities and woodlands, as well as at the bottom of valleys or coastal bluffs.</p> |  |

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| <p><b>Idaho gumweed</b><br/><i>Grindelia nana</i></p>                  | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 4 inches to 3.5 feet tall<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> yellow<br/> <b>Bloom period:</b> June-September<br/> <b>Sun:</b> full sun<br/> <b>Water needs:</b> max 1x per month in the summer once established</p> <p>Yellow flowers up to 2cm wide. This gumweed is often found in dry interior hills above 200' in elevation.</p>   |    |
| <p><b>California Sunflower</b><br/><i>Helianthus californicus</i></p>  | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 3-11 feet tall<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> yellow<br/> <b>Bloom period:</b> July-September<br/> <b>Sun:</b> full sun<br/> <b>Water needs:</b> flowers best with regular summer water</p> <p>An excellent nectar plant for monarchs. Growing naturally in dry and rocky sites as well as wetlands and riparian zones. Tolerates a variety of soil drainages and irrigation frequencies.</p>  |  |
| <p><b>Red Monardella</b><br/><i>Monardella macrantha</i></p>         | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 2"-1 ft tall, up to 2ft wide<br/> <b>Dormancy:</b> evergreen<br/> <b>Flower color:</b> red<br/> <b>Bloom period:</b> June-October<br/> <b>Sun:</b> full sun – part shade<br/> <b>Water needs:</b> Max 1x month in the summer once established</p> <p>In addition to insect pollinators this plant is also highly attractive to hummingbirds. It prefers soils with a medium drainage. This short-lived perennial is worth planting over and over in your garden for the beautiful blooms, fragrance, and pollinator habitat.</p> |  |

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| <p><b>Coyote Mint 'Russian River'</b><br/><i>Monardella villosa</i></p>   | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 2 ft tall, up to 3 ft wide<br/> <b>Dormancy:</b> evergreen<br/> <b>Flower color:</b> lavender<br/> <b>Bloom period:</b> June-August<br/> <b>Sun:</b> full sun-part shade<br/> <b>Water needs:</b> max 2 x per month in the summer once established</p> <p>Pleasant-smelling plant produces clusters of lavender flowers. Found growing naturally on rocky slopes, in chaparral, coastal sage scrub, and openings in woodlands. Prefers soils with decent drainage and is tolerant of serpentine soil.</p> |    |
| <p><b>Scorpion weed</b><br/><i>Phacelia californica</i><br/>[perennial herb, full sun to part shade, drought resistant, deer resistant]</p>  | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 0.5-1.5 ft tall, 1-2 ft wide<br/> <b>Dormancy:</b> evergreen<br/> <b>Flower color:</b> lavender, white<br/> <b>Bloom period:</b> March-August<br/> <b>Sun:</b> full sun-part shade<br/> <b>Water needs:</b> only water while plant is getting established in your garden</p> <p>Purple hairy flowers clustered on a thick hairy stem growing. Found naturally on costal bluffs and among chapparal communities. Prefers well-draining soil and requires no irrigation once established.</p>               |   |
| <p><b>Western Goldenrod</b><br/><i>Solidago lepida</i></p>    | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> Up to 5 feet tall<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> yellow<br/> <b>Bloom period:</b> May-September<br/> <b>Sun:</b> full sun<br/> <b>Water needs:</b> 0.5'-3.5" over the summer</p> <p>Tall pyramid shaped inflorescence of clustered yellow flowers. Plant spreads via rhizomes to fill out your pollinator garden. Found naturally in meadows, this plant is a favorite nectar source for monarchs.</p>  |  |

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| <p><b>Western Goldentop</b><br/><i>Euthamia occidentalis</i></p>  | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 3.5-7 feet tall<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> yellow<br/> <b>Bloom period:</b> August-October<br/> <b>Sun:</b> full sun<br/> <b>Water needs:</b> moderate-high</p> <p>Flat topped inflorescence of clustered yellow golden flowers. Tolerates a variety of soils. Grows naturally along streambanks, in marshlands, and meadows, and needs adequate moisture to thrive.</p>   |  |
| <p><b>California Aster</b><br/><i>Symphotrichum chilense</i></p>  | <p><b>Plant type:</b> perennial herb<br/> <b>Size:</b> 1.3-3 feet tall, 3 feet wide<br/> <b>Dormancy:</b> winter dormant<br/> <b>Flower color:</b> light purple and yellow<br/> <b>Bloom period:</b> July-August<br/> <b>Sun:</b> part shade-full sun<br/> <b>Water needs:</b> max 2x per month once established</p> <p>Inflorescence has light purple ray florets and a disk of yellow flowers. Has natural distribution including grasslands, salt marshes, freshwater wetlands, riparian, along the coast, and in coastal mountain ranges. In gardens a loamy clay soil with medium to slow drainage will provide the best growing conditions.</p> |  |



**THANK YOU** for supporting Western Monarch Habitat in Sonoma County!