

# Plants for Monarchs in North Central Texas

Native plants that serve as important nectar sources for Monarch butterflies in North Central Texas (MUST BE PESTICIDE FREE!)

Common Name	Botanical Name
Buttonbush	<i>Cephalanthus occidentalis</i>
Asters	<i>Symphyotrichum</i> , <i>Aster</i> species
Green Milkweed	<i>Asclepias viridis</i>
Goldenrod	<i>Solidago</i> species
Blazing Star, Gayfeather	<i>Liatris</i> species
Prairie Verbena	<i>Glandularia bipinnatifida</i>
Frostweed	<i>Verbesina virginica</i>
Texas Vervain	<i>Verbena halei</i>
Sunflowers	<i>Helianthus</i> species
Paintbrush	<i>Castilleja indivisa</i>
Coneflowers	<i>Echinacea</i> species
Zexmenia	<i>Wedellia hispida</i>
Gregg's Blue Mistflower	<i>Eupatorium greggii</i>
Skeltonleaf Goldneye	<i>Viguiera stenoloba</i>
Turk's Cap	<i>Malvaviscus arboreus drummondii</i>
Pitcher Sage	<i>Salvia azurea</i>
Mealy Blue Sage	<i>Salvia farinacea</i>
Horsemint, Beebalm	<i>Monarda</i> species
Zinnias	<i>Zinnia</i> species (open centers are best)
Vetch	Most are introduced species
Gaura	<i>Guara</i> species
Texas Bluestars	<i>Amsonia</i> species

Best Milkweeds for Monarch caterpillars in North Central Texas (MUST BE PESTICIDE FREE!)

Common Name	Botanical Name
Green Milkweed	<i>Asclepias viridis</i>
Antelope Horns Milkweed	<i>Asclepias asperula</i>
Zizotes Milkweed, Side Cluster Milkweed	<i>Asclepias oenotheroides</i>