

Common Nectar Plants

Aster	(<i>Aster spp.</i>)
Black-Eyed Susan	(<i>Rudbeckia hirta</i>)
Blazing Stars	(<i>Liatris spp.</i>)
Buttonbush	(<i>Cephalanthus occidentalis</i>)
Cardinal Flower	(<i>Lobelia cardinalis</i>)
Coneflowers	(<i>Echinacea purpurea</i>)
Coreopsis	(<i>Coreopsis spp.</i>)
Cosmos	(<i>Cosmos spp.</i>)
Dianthus Family	(<i>Dianthus spp.</i>)
Lantana	(<i>Lantana camara</i>)
Marigold	(<i>Tagetes spp.</i>)
Mexican Sunflowers	(<i>Tithonia rotundifolia</i>)
Narrow leaf milkweed	(<i>Asclepias fascicularis</i>)
Petunia	(<i>Petunia x hybrida</i>)
Salvia	(<i>Salvia spp.</i>)
Shasta Daisy	(<i>Leucanthemum spp.</i>)
Showy milkweed	(<i>Asclepias speciosa</i>)
Sunflower	(<i>Helianthus spp.</i>)
Swamp Verbena	(<i>Verbena hastata</i>)
Tall Verbena	(<i>Verbena bonariensis</i>)
Thistle	(<i>Cirsium discolor</i>)
Violet	(<i>Viola spp. </i>)
Woodland Stonecrop	(<i>Sedum ternatum</i>)
Yarrow	(<i>Achillea spp.</i>)
Zinnia	(<i>Zinnia elegans</i>)

<https://xerces.org/monarch-nectar-plant-guides/>

<http://www.calscape.com>

<http://www.tinyurl.com/AllAboutMonarchs>