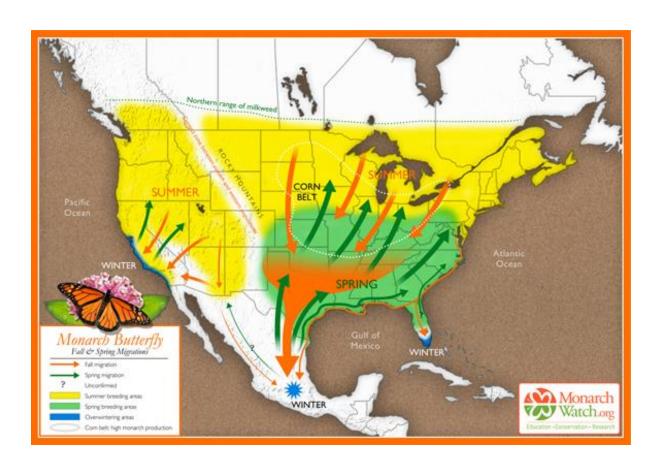


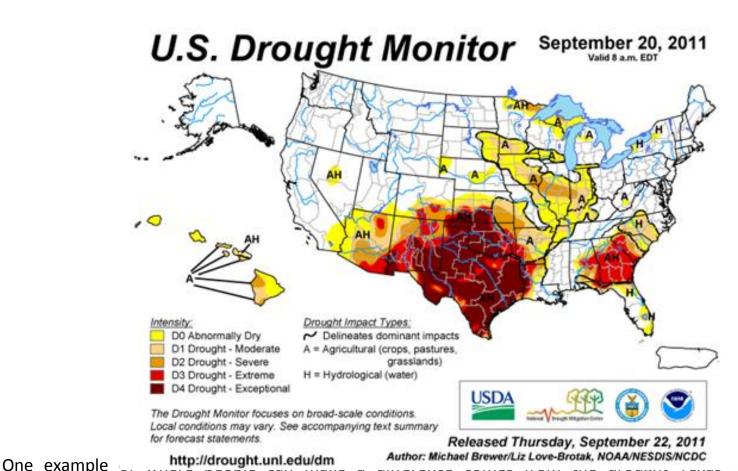
The Importance of Fall Nectar Plants for the Monarch Butterfly

Compiled by Matt Morris - Zilker Botanical Garden

Texas has been called the "funnel state", because eastern North American monarchs fly through Texas on both legs of their migration. This happens every year in the spring and in the fall, and makes Texas a crucial place for monarch habitat.



Monarchs have been experiencing a dramatic population decline in the last few years. Issues like deforestation, abnormally cold and wet storms in their wintering grounds, drought, habitat loss and increased herbicide use in their summer breeding grounds are just a few of the contributing factors involved. All of these have detrimental effects on the monarch population. It is important for us to find ways to offset these problems whenever we can.



experienced in the fall of 2011. When monarchs start arriving in the Austin area as early as Sept 1st, the drought conditions had greatly reduced the amount of wild nectar sources. This made it much harder for the monarchs to find the needed resources to fuel their migration south. Pollinator gardens and monarch waystations can provide the necessary resources for these wonderful creatures during extreme weather conditions. These oases are important for both legs of the monarch's migration but providing nectar resources for the fall migrating monarch is crucial.

Here is the reason why: In late summer, the 4th generation of monarchs is hatching throughout the Midwest and even in parts of Canada. It is these monarchs that will eventually

head to Mexico to overwinter. The monarchs are shifting their focus from breeding to intense feeding for this trip. They search out nectar plants the entire time they are traveling the 2,500 miles to their winter roosting sites. They must build body fat to fuel migration and to survive the winter in Mexico; without good fat reserves they will not be able to make it to back to Texas in the spring to lay their eggs.

This graph indicates how much body fat (lipid mass) the typical monarch has in each month of the year. Look how fat reserves drop during the five months the monarchs are in Mexico!

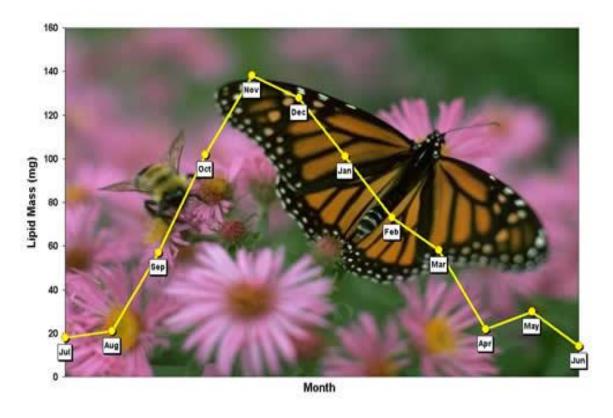


Photo and Graph © Journey North

Monarch waystations and pollinator gardens act like stepping stones for the migrating monarchs to refuel and continue their journey. Having these islands of nectar sources is particularly important within large areas of urban and agricultural development and especially important when abnormal weather patterns like the 2011 drought in Texas occur.

Fall Pollinator Plants for the Austin Area

When choosing plants, always choose natives first!

Some of these plants may not be found in local nurseries but can be ordered from online sources.

* Indicates a top nectar choice of monarch butterflies

Common Name	Scientific Name	Bloom Time	Native to	
Α				
Ageratum	Ageratum houstonianum	June - Frost	Mexico, Central America	
American Germander	Teucrium canadense	March – Dec.	US Native	
Anise Hyssop	Agastache foeniculum	April – Nov.	US Native	
Apache Plume	Fallugia paradoxa	May – Dec.	US, Mexico	
Argentine Senna	Senna corymbosa	June – Nov.	Mexico, South America	
Autumn Sage	Salvia greggi	March – Nov.	US Native	
'Autumn Joy' sedum	Sedum telephium	Sept. – Nov.	North America, Europe	
В	Scientific Name	Bloom Time	Native to	
Barbados Cherry	Malpighia glabra	March – Dec.	Texas to South America	
Bastardia	Bastardia viscosa	Feb. – Dec.	Texas	
Bee Brush	Aloysia gratissima	March – Dec.	Texas, New Mexico, Mexico	
Betony Leaf Mistflower	Conoclinium betonicifolium	May – Dec.	US Native	
Black eyed Susan	Rudbeckia hirta angustifolia	May – Nov.	US Native	
Blackfoot Daisy	Melampodium leucanthum	March – Nov.	US Native	
*Blue Mistflower	Conoclinium coelestinum	July – Dec.	US Native	
Blue Mist Shrub	Caryopteris incana	July – Nov.	Asia	
*Blue Porter weed	Stachytarpheta urticifolia	June – Dec.	Caribbean, South America	
Blue Sage	Salvia azurea	Aug. – Nov.	US Native	
Bog Sage	Salvia uliginosa	May – Nov.	South America	
Brownfoot	Perezia wrightii	May – Nov.	US Native	
Bush Sunflower	Simsia calva	April – Nov.	US Native	
Bushy Lippia	Lippia alba	March – Oct.	Texas, Florida	
Butterfly Bush	Buddleia davidii	May – Dec. China, Japan		
С	Scientific Name	Bloom Time	Native to	
Cardinal Feather	Acalypha radians	April – Nov.	Texas Native	
Catmint	Nepeta mussinii	April – Dec.		
Calylophus	Calylophus berlandieri	March – Oct.		
Chocolate Daisy	Berlandiera lyrata	April – Dec.	US Native	
Clustered bushmint	Hyptis alata	May – Nov.	US Native	
*Common Bonset	Eupatorium perfoliatum	June – Nov.	US Native	
Common Sneezeweed	Helenium autumnale	July - Oct	US Native	
*Common Sunflower	Helianthus annus	July – Nov.	US Native	
Cosmos	Cosmos Spp.	April – Nov.	US, Mexico, South America	
*Cowpen Daisy	Verbesina encelioides	April – Nov.	US, Mexico	
D			Native to	
 Damianita	Chrysactinia mexicana	April – Oct.	US, Mexico	

Desert Globemallow	Sphaeralcea ambigua	Feb. – Nov.	US, Mexico	
Desert Marigold	Baileya multiradiata	March – Nov.	US, Mexico	
E				
Evergreen Sumac	Rhus virens	July – Oct.	US, Mexico	
-				
F	Scientific Name	Bloom Time	Native to	
Fall Aster	Symphyotrichum oblongifolium	Sept Nov.	US Native	
Fire Bush	Hamelia patens	July – Nov.	Mexico, Central and South Ameri	
Flame Acanthus	Anisacanthus quadrifidus var.	June – Nov.	Mexico, Central and South Ame Texas, Mexico	
Frog Fruit	Phyla nodiflora	March – Nov.	US, Central America	
*Frostweed	Verbesina virginica	Sept. – Nov.	US Native	
G	Scientific Name	Bloom Time	Native to	
*Gayfeather	Liatris mucronata	Sept – Nov.	US Native	
Globe Amaranth	Gomphrena globosa	April – Nov.	Central and South America	
Golden ball leadtree	Leucaena retusa	April – Oct.	N. Mexico, Texas, Mexico	
*Golden Eye Daisy	Viguiera dentata	Sept – Nov.	Texas , New Mexico, Arizona	
Gregg Dalea	Dalea greggii	May – Oct.	N. Mexico, Texas, Mexico	
*Gregg's Mistflower	Conoclinium greggii	June – Nov.	Arizona, N. Mexico, Texas	
Grey Golden Aster	Heterotheca latifolia	Aug. – Nov.	US, Mexico	
Grey Globemallow	Sphaeralcea incana	June – Oct.	Arizona, N.Mexico,Texas	
Grey Goldenrod	Solidago nemoralis	June – Oct.	US, Canada	
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Н	Scientific Name	Bloom Time	Native to	
Heath Aster	Aster ericoides	Aug. – Nov.	US Native	
Hymonoxis	Tetraneuris scaposa	March – Nov.	US, Mexico	
ı	Scientific Name	Bloom Time	Native to	
Indian Mallow	Abutilon fruitiosa	June – Dec.	US Native	
Indigo Spires Salvia	Salvia longespicata x farinacea	May – Nov.	Hybrid	
J	Scientific Name	Bloom Time	Native to	
*Jack in the Bush	Chromolaena odorata	Aug – Nov.	Southern US, Central America	
K	Scientific Name	Bloom Time	Native to	
Kidneywood	Eysenhardtia texana	May – Nov.	Texas, Mexico	
L	Scientific Name	Bloom Time	Native to	
Late flowering Boneset	Eupatorium serotinum	Aug. – Nov.	US Native	
Lindheimer Senna	Cassia lindheimeriana	June – Oct.	Arizona, New Mexico, Texas	
Ν.Λ	Cojantifia Nama	Place Times	Native to	
M Marigold	Scientific Name	Bloom Time	Native to	
Marigold	Tagets Spp.	April – Dec.	US, Mexico, South America	
Marsh Fleabane	Pluchea odorata var. odorata	June – Nov.	US Native	
Maximillian Sunflower	Helianthus maximiliani	Aug. – Nov.	US Native	
Mealy Blue Sage	Salvia farinacea		arch – Nov. US Native	
Mexican Bush Sage	Salvia Leucantha	Aug. – Nov.	Central America, Mexico	
Mexican Hat	Ratibida columnaris	May – Nov.	US, Mexico	

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Toyos Verrain Verbana halai May Ney US Native	*Texas Lantana			Mexico, Texas
rexas vervain verbena naiei iviay – Nov. OS Native	Texas Vervain	Verbena halei	May – Nov.	US Native
Trailing Lantana Lantana montevidensis Feb. – Dec. South America	Trailing Lantana	Lantana montevidensis	Feb. – Dec.	South America

Tropical Sage	Salvia coccinea	March – Dec.	US Native	
Tube Tongue	Justicia pilosella	April – Oct.	Texas, New Mexico	
Turk's Cap	Malvaviscus arboreus	May – Dec.	US, Mexico	
V	Scientific Name	Bloom Time	Native to	
Velvet leaf	Wissadula halosericea	April – Dec.	US Native	
Verbena	Verbena canadensis	April – Nov.	US Native	
*Viburnum Mistflower	Eupatorium viburnoides	Oct. – Dec.	Mexico	
Vinca	Vinca minor	April – Nov.	Europe, Asia, Africa	
W	Scientific Name	Bloom Time	Native to	
Western Ironweed	Vernonia baldwinii	Aug. – Nov. US Native		
*White Mistflower	Eupatorium havanensis	Sept. – Nov.	Texas, Mexico, Cuba	
Wingstem	Verbesina alternifolia	Aug. – Oct.	US Native	
Wild Shrimp Plant	Yeatesia platystegia	June –Oct.	Texas	
Woolly Bee Brush	Aloysia macrostachya	March – Dec.	US, Mexico	
Woolly Ironweed	Vermonia lindheimeri	June – Nov.	Texas, Mexico	
Wright's Skullcap	Scutellaria wrightii	April – Nov.	Oklahoma, Texas	
Υ	Scientific Name	Bloom Time	Native to	
Yellow Cestrum	Cestrum aurantiacum	June – Nov.		
Yellow Bells	Tecoma stans	April – Nov.	US, Central and South America	
Z	Scientific Name	Bloom Time	Native to	
Zexmenia	Wedelia hispida	May – Nov.	Texas, North Mexico	
Zinnia	Zinnia linearis	April – Nov.	Southern US, Mexico to S. Americ	

Information for this article was found at the following websites

http://monarchwatch.org/

http://www.learner.org/jnorth/

http://www.fs.fed.us/wildflowers/pollinators/documents/Monarch Butterfly.pdf

http://www.nativeplantproject.com/butterflygardening.pdf

http://nationalbutterflycenter.org/

http://naba.org/

http://www.wildflower.org/