

Supporting Monarchs in the Garden: 4 Fall-Blooming Natives

Adapted from a National Wildlife Federation article by Danielle Brigida

Everyone knows monarch caterpillars need milkweed, but adult monarchs also rely on nectar from late-blooming flowers to fuel their epic migration south each fall—up to 3,000 miles to Mexico! These blooms are like gas stations along the way, offering the energy monarchs need to make the journey.

Here are **four native plants** (all available at this sale!) that bloom late in the season and provide critical nectar for monarchs and other pollinators. Plant them in spring, and by fall, your garden will be a vital pit stop for these iconic butterflies.



Blue Mistflower

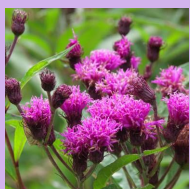
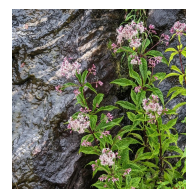
Conoclinium coelestinum

This low-growing plant with fluffy blue-purple blooms is a magnet for monarchs and other pollinators. Blooms last through October. It thrives in moist soil and partial sun.

Joe-Pye Weed

Eutrochium spp.

A tall, tough native with pinkish-purple flower clusters that bloom in late summer into fall. It's drought-tolerant, pollinator-friendly, and makes a bold statement in the garden



Ironweed

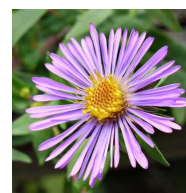
Vernonia spp.

With its striking deep purple flowers, ironweed offers rich nectar just when monarchs need it most. Found in sunny, moist meadows, this plant supports a variety of butterflies and bees.

Asters

Symphyotrichum spp.

Aster blooms range from white to pink to purple and appear from late summer into fall. New England Aster is a favorite among monarchs, providing abundant nectar right when other flowers start to fade.



Don't have room for all four? That's okay.

Even planting just one of these native fall bloomers can make a difference. And if you're not planting today, you can still help monarchs by learning to recognize these plants and encouraging others to grow them too.

Photo credits: Joe-Pye Weed photo by Janice Tuck. All other plant photos by Janie Marlow.

Adapted from:

<https://www.worldwildlife.org/stories/beyond-milkweed-five-native-plants-that-help-power-the-monarch-butterfly-migration>