



### Maryland Native Larval Host and Nectar Plants for Monarchs

Asclepias species (in bold) are larval host plants

| Scientific Name                                     | Common Name                | Region |   |    | Duration |   | Moisture |   |   | Flowering Period |   |   |   |   |   |   |   |   |   |  |  |
|---|----------------------------|--------|---|----|----------|---|----------|---|---|------------------|---|---|---|---|---|---|---|---|---|--|--|
|   |                            | M      | P | CP | P        | A | D        | M | W | M                | A | M | J | J | A | S | O | N |   |  |  |
| <b>Asclepias incarnata</b>                          | <b>Swamp Milkweed</b>      | ◆      | ◆ | ◆  | ◆        |   |          |   |   | ◆                |   |   |   |   | ◆ | ◆ | ◆ |   |   |  |  |
| <b>Asclepias syriaca</b>                            | <b>Common Milkweed</b>     | ◆      | ◆ | ◆  | ◆        |   |          | ◆ | ◆ |                  |   |   |   |   | ◆ | ◆ | ◆ |   |   |  |  |
| <b>Asclepias tuberosa</b>                           | <b>Butterfly Milkweed</b>  | ◆      | ◆ | ◆  | ◆        |   |          | ◆ | ◆ |                  |   |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |
| <i>Bidens aristosa</i>                              | Bur Marigold               |        |   | ◆  |          | ◆ |          |   |   | ◆                |   |   |   |   |   |   | ◆ | ◆ | ◆ |  |  |
| <i>Bidens cernua</i>                                | Nodding Bur Marigold       | ◆      | ◆ | ◆  |          | ◆ |          |   |   | ◆                |   |   |   |   |   | ◆ | ◆ | ◆ | ◆ |  |  |
| <i>Conoclinium coelestinum</i>                      | Mistflower                 |        | ◆ | ◆  | ◆        |   |          |   | ◆ | ◆                |   |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |
| <i>Coreopsis lanceolata</i>                         | Lanceleaf Tickseed         |        |   |    |          | ◆ |          |   | ◆ |                  |   |   | ◆ | ◆ | ◆ |   |   |   |   |  |  |
| <i>Coreopsis tinctoria</i>                          | Golden Tickseed            | ◆      | ◆ | ◆  |          | ◆ |          |   | ◆ |                  |   |   | ◆ | ◆ |   |   |   |   |   |  |  |
| <i>Doellingeria umbellata</i> var. <i>umbellata</i> | Flat-topped White Aster    | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ | ◆                |   |   |   |   |   |   |   |   |   |  |  |
| <i>Echinacea purpurea</i>                           | Purple Coneflower          |        |   |    |          | ◆ |          |   | ◆ |                  |   |   |   | ◆ | ◆ | ◆ | ◆ |   |   |  |  |
| <i>Eupatorium perfoliatum</i>                       | Boneset                    | ◆      | ◆ | ◆  | ◆        |   |          |   |   | ◆                |   |   |   |   |   |   |   |   |   |  |  |
| <i>Euthamia graminifolia</i>                        | Grass-leaved Goldenrod     | ◆      | ◆ | ◆  | ◆        |   |          | ◆ | ◆ | ◆                |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |
| <i>Eutrochium dubium</i>                            | Coastal Plain Joe-Pye Weed |        | ◆ | ◆  | ◆        |   |          |   | ◆ | ◆                |   |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |
| <i>Eutrochium fistulosum</i>                        | Joe-Pye Weed               | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ | ◆                |   |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |
| <i>Eutrochium purpureum</i>                         | Sweet-scented Joe-Pye Weed | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ | ◆                |   |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |
| <i>Helenium autumnale</i>                           | Yellow Sneezeweed          | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ | ◆                |   |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |
| <i>Helenium flexuosum</i>                           | Purple Sneezeweed          | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ |                  |   |   | ◆ | ◆ | ◆ |   |   |   |   |  |  |
| <i>Helianthus angustifolius</i>                     | Swamp Sunflower            |        |   | ◆  | ◆        |   |          |   |   | ◆                |   |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |
| <i>Heliopsis helianthoides</i>                      | Smooth Oxeye               |        | ◆ | ◆  | ◆        |   |          | ◆ | ◆ |                  |   |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |
| <i>Liatis pilosa</i>                                | Grass-leaf Blazing Star    |        | ◆ | ◆  | ◆        |   |          | ◆ | ◆ |                  |   |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |
| <i>Liatis scariosa</i>                              | Large Blazing Star         | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ |                  |   |   |   |   | ◆ | ◆ | ◆ |   |   |  |  |
| <i>Lobelia cardinalis</i>                           | Cardinal Flower            | ◆      | ◆ | ◆  | ◆        |   |          |   |   | ◆                |   |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |
| <i>Lobelia siphilitica</i>                          | Blue Lobelia               | ◆      | ◆ |    | ◆        |   |          |   |   | ◆                |   |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |
| <i>Monarda didyma</i>                               | Scarlet Bee-balm           | ◆      |   |    | ◆        |   |          |   | ◆ | ◆                |   |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |
| <i>Monarda fistulosa</i>                            | Wild Bergamot              | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ |                  |   |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |
| <i>Monarda punctata</i>                             | Spotted Bee-balm           | ◆      | ◆ | ◆  | ◆        |   |          | ◆ | ◆ |                  |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |
| <i>Pycnanthemum incanum</i>                         | Hoary Mountain Mint        | ◆      | ◆ | ◆  | ◆        |   |          | ◆ | ◆ |                  |   |   |   |   |   |   |   |   |   |  |  |

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|--|---------------------------|--------|---|----|----------|---|----------|---|---|------------------|---|---|---|---|---|---|---|---|--|--|--|
|  |                           | M      | P | CP | P        | A | D        | M | W | M                | A | M | J | J | A | S | O | N |  |  |  |
| <i>Pycnanthemum muticum</i>                                | Big-leaf Mountain Mint    |        |   | ◆  | ◆        |   | ◆        | ◆ | ◆ |                  |   |   |   |   |   |   |   |   |  |  |  |
| <i>Pycnanthemum tenuifolium</i>                            | Narrow-leaf Mountain Mint | ◆      | ◆ | ◆  | ◆        |   | ◆        | ◆ | ◆ |                  |   |   |   |   |   |   |   |   |  |  |  |
| <i>Rudbeckia hirta</i>                                     | Black-eyed Susan          | ◆      | ◆ | ◆  |          |   | ◆        | ◆ |   |                  |   |   | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Silphium perfoliatum</i>                                | Cup Plant                 |        |   |    | ◆        |   |          | ◆ |   |                  |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |  |
| <i>Solidago juncea</i>                                     | Early Goldenrod           | ◆      | ◆ | ◆  | ◆        |   | ◆        | ◆ |   |                  |   | ◆ | ◆ | ◆ |   |   |   |   |  |  |  |
| <i>Solidago nemoralis</i>                                  | Gray Goldenrod            | ◆      | ◆ | ◆  | ◆        |   | ◆        | ◆ |   |                  |   |   | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Solidago patula</i>                                     | Rough-leaved Goldenrod    |        | ◆ |    | ◆        |   |          |   |   |                  |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Solidago rugosa</i>                                     | Wrinkle-leaf Goldenrod    | ◆      | ◆ | ◆  | ◆        |   | ◆        | ◆ |   |                  |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Symphotrichum ericoides</i>                             | White Heath Aster         | ◆      | ◆ |    | ◆        |   | ◆        | ◆ |   |                  |   |   |   |   |   |   |   |   |  |  |  |
| <i>Symphotrichum laeve</i> var. <i>laeve</i>               | Smooth Blue Aster         | ◆      | ◆ | ◆  | ◆        |   | ◆        | ◆ |   |                  |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Symphotrichum lateriflorum</i> var. <i>lateriflorum</i> | Calico Aster              | ◆      | ◆ | ◆  | ◆        |   |          | ◆ | ◆ |                  |   |   |   |   |   |   |   |   |  |  |  |
| <i>Symphotrichum novae-angliae</i>                         | New England Aster         | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ | ◆                |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Symphotrichum novi-belgii</i>                           | New York Aster            |        | ◆ | ◆  | ◆        |   |          |   |   |                  |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Symphotrichum oblongifolium</i>                         | Aromatic Aster            | ◆      | ◆ |    | ◆        |   | ◆        | ◆ |   |                  |   |   |   |   | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Symphotrichum pilosum</i>                               | White Oldfield Aster      | ◆      | ◆ | ◆  | ◆        |   | ◆        | ◆ |   |                  |   |   |   |   |   |   |   |   |  |  |  |
| <i>Symphotrichum prenanthoides</i>                         | Zigzag Aster              | ◆      | ◆ |    | ◆        |   |          | ◆ |   |                  |   |   |   | ◆ | ◆ |   |   |   |  |  |  |
| <i>Symphotrichum puniceum</i>                              | Purple-stemmed Aster      | ◆      | ◆ | ◆  | ◆        |   |          |   |   |                  |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Symphotrichum urophyllum</i>                            | White Arrowleaf Aster     | ◆      | ◆ | ◆  | ◆        |   | ◆        | ◆ |   |                  |   |   |   |   |   |   |   |   |  |  |  |
| <i>Verbena hastata</i>                                     | Blue (Swamp) Vervain      | ◆      | ◆ | ◆  | ◆        |   |          |   |   |                  |   |   | ◆ | ◆ | ◆ |   |   |   |  |  |  |
| <i>Verbesina alterniflora</i>                              | Wingstem                  | ◆      | ◆ |    | ◆        |   |          |   | ◆ | ◆                |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Vernonia noveboracensis</i>                             | New York Ironweed         | ◆      | ◆ | ◆  | ◆        |   |          |   | ◆ | ◆                |   |   |   | ◆ | ◆ | ◆ | ◆ | ◆ |  |  |  |
| <i>Veronicastrum virginicum</i>                            | Culver's Root             | ◆      | ◆ |    | ◆        |   |          |   | ◆ | ◆                |   |   |   |   |   |   |   |   |  |  |  |

Refer to table 2.4 in the Maryland Planting Guide for additional species characteristics and substitution rates.

Regions: M = Mountain, P = Piedmont, CP = Coastal Plain

Duration: P = Perennial, A = Annual

Moisture: D = Dry, M = Mesic, W = Wet