CENTRAL Oklahoma Plant List for Monarch Butterflies
In the last decade, due to habitat loss and other factors, monarch butterfly populations have plummeted at an alarming rate. And they continue to decline.

Since 1996, monarch colonies have declined 90%. If all monarchs from the population high in the mid-1990s were grouped onto football fields, the area they covered has been reduced from 39 fields to an area barely larger than one.

Additionally, monarchs and other butterflies help pollinate our crops. It is important to restore and protect their habitat so we can continue to grow our food.

Oklahoma is centrally located in the monarch migration flyway!

Each spring, monarchs migrate north through Oklahoma and the Great Plains to Canada in search of milkweed plants on which to lay their eggs. In the fall, they fly back through Oklahoma and the Great Plains south to Mexico to spend the winter.

In order for Monarchs to thrive, we Okies must provide ample food, shelter and breeding grounds during both their migrations.

From Enid to Durant and Elk City to Tahlequah, now is the time (before it’s too late) for us Okies to get our hands dirty and help the monarchs!

Action 1 - Show your support by taking the pledge to save the monarchs online at okiesformonarchs.org.

Action 2 - Provide monarchs with habitat by planting milkweed and nectar plants on your property. Did you know that Oklahoma has 26 different kinds of native milkweed plants and more than 79 monarch-friendly, native nectar plants? There’s plenty to choose from! We made it easy with this visual guide of native plants adapted to your region’s soil and climate.

Action 3 - Show us your new monarch habitat! Register your hard work online at okiesformonarchs.org and don’t forget to upload a picture so we can show it off.
Using this Guide

For optimum Monarch and butterfly habitat, plant at least 10 milkweed plants, made up of two or more species, and several annual, biennial, or perennial plants that are in bloom sequentially or continuously during spring (early), summer (mid) and fall (late).

Before purchasing plants, consider asking to make sure they haven’t been treated with systemic insecticides. These chemicals can be harmful to the plant itself which in turn is harmful to the caterpillars that eat the plants.

The Central Oklahoma ecological region is made up of Alfalfa, Grant, Kay, Osage, Garfield, Noble, Pawnee, Kingfisher, Logan Payne, Creek, Canadian, Oklahoma, Lincoln, Okfuskee, Caddo, Grady, McClain, Cleveland, Pottawatomie, Stephens, Garvin, Comanche, Cotton, Jefferson, Murray, Carter, and Love counties.

The native plants listed in this guide will do best in this region. Please note however, if you are located near the boundary line between the Western and Eastern regions, consider utilizing plants from both regions.

The ecological regions and corresponding plant list were provided by the Natural Resources Conservation Service (NRCS) and The Xerces Society for Invertebrate Conservation.
EARLY SPRING & MID SUMMER BLOOM

**BUTTERFLY MILKWEED**
*Asclepias tuberosa*
- Likes full sun
- Grows 1-2’ ft. tall
- Low water use
- Perennial

**INDIAN BLANKET**
*Gaillardia pulchella*
- Likes full sun
- Grows 1-2’ ft. tall
- High drought tolerance
- Annual

**GREEN ANTELOPEHORN**
*Asclepias viridis*
- Likes sun
- Grows 9¾ – 25½” in. tall
- Low water use
- Perennial

**DAKOTA MOCK VERVAIN**
*Glandulina bipinnatifida*
- Likes sun, part shade
- Grows 0-1’ ft. tall
- Low to Medium water use
- Perennial

**INDIAN HEMP**
*Apocynum cannabinum*
- Likes sun
- Grows 3-4’ ft. tall
- Likes a lot of water
- Perennial

**ENTIRE LEAF INDIAN PAINTBRUSH**
*Castilleja indivisa*
- Likes full sun
- Grows 6-16” in. tall
- High drought tolerance
- Annual

**SPIDER MILKWEED**
*Asclepias asperula*
- Likes full sun
- Grows 1-2’ ft. tall
- Medium water use
- Perennial

**PALE PURPLE CONEFLOWER**
*Echinacea pallida*
- Likes full sun
- Grows 2-4’ ft. tall
- Low water use
- Annual

**ROUNDHEAD PRAIRIE CLOVER**
*Dalea multiflora*
- Likes sun
- Grows 1-3’ ft. tall
- High drought tolerance
- Perennial

**LEMON BEEBAKL**
*Monarda citriodora*
- Likes sun
- Grows 1-2’ ft. tall
- Low water use
- Annual

**PASTEL PURPLE CONEFLOWER**
*Echinacea purpurea*
- Likes sun
- Grows 2-5’ ft. tall
- Medium water use
- Perennial

**WHITE PRAIRIE CLOVER**
*Dalea candida*
- Likes full sun
- Grows 1-2’ ft. tall
- Medium water use
- Perennial

**EASTERN PURPLE CONEFLOWER**
*Echinacea purpurea*
- Likes sun, part shade
- Grows 2-5’ ft. tall
- Medium water use
- Perennial

**BUTTERFLY MILKWEED**
*Asclepias tuberosa*
- Likes full sun
- Grows 1-2’ ft. tall
- Low water use
- Perennial

**SNEEZEWEEED**
*Helenium amarum*
- Likes some shade
- Grows 1-3’ ft. tall
- Low water use
- Annual

**SPOTTED BEEBAKL**
*Monarda punctata*
- Likes full sun
- Grows 1-3’ ft. tall
- Medium water use
- Perennial

**TEXAS VERVAIN**
*Verbena halei*
- Likes full sun
- Grows 1-2½’ ft. tall
- Low water use
- Annual
Central Oklahoma Monarch Butterfly Plant List

**MID SUMMER BLOOM**

- **American Star Thistle**
  - *Centauraea americana*
  - Likes sun, some shade
  - Grows 1½ - 5 ft. tall
  - Low water use
  - Annual

- **Ashy Sunflower**
  - *Helianthus mollis*
  - Likes full sun
  - Grows 2-6' ft. tall
  - Low water use
  - Perennial

- **Black Samson Echinacea**
  - *Echinacea angustifolia*
  - Likes part shade
  - Grows 1½-2' ft. tall
  - Low water use
  - Perennial

- **Common Boneset**
  - *Eupatorium perfoliatum*
  - Likes some shade
  - Grows 3-6' ft. tall
  - Low water use
  - Perennial

- **Common Buttonbush**
  - *Cephalanthus occidentalis*
  - Likes part shade
  - Grows 6-12' ft. tall
  - High water use
  - Perennial

- **Common Milkweed**
  - *Asclepias syriaca*
  - Likes full sun
  - Grows 3-5' ft. tall
  - Medium water use
  - Perennial

- **Jerusalem Artichoke**
  - *Helianthus tuberosus*
  - Likes sun
  - Grows 3-6' ft. tall
  - Low water use
  - Perennial

- **Lateflowering Thoroughwort**
  - *Eupatorium serotinum*
  - Likes part shade
  - Grows 1-3' ft. tall
  - Medium water use
  - Perennial

- **Leadplant**
  - *Amorpha canescens*
  - Likes sun, some shade
  - Grows 1-3' ft. tall
  - Low water use
  - Perennial

- **Narrowleaf Mountain Mint**
  - *Pycnanthemum tenuifolium*
  - Likes sun, some shade
  - Grows 20-30" in. tall
  - Medium water use
  - Perennial

- **Prairie Milkweed**
  - *Asclepias sullivantii*
  - Likes full sun
  - Grows 2-3' ft. tall
  - Medium water use
  - Perennial

- **Roughstem Rosinweed**
  - *Silphium radula*
  - Likes full sun
  - Grows 1-2' ft. tall
  - Low water use
  - Perennial

- **Scaly Blazing Star**
  - *Liatris squarrosa*
  - Likes full sun
  - Grows 10-24" in. tall
  - Low water use
  - Perennial

- **Showy Milkweed**
  - *Asclepias speciosa*
  - Likes sun
  - Grows 1½-2' ft. tall
  - Medium water use
  - Perennial

- **Stiff Sunflower**
  - *Helianthus pauciflorus*
  - Likes full sun
  - Grows 1-6' ft. tall
  - Low water use
  - Perennial

**Central Oklahoma Monarch Butterfly Plant List**

- **Scaly Blazing Star**
  - *Liatris squarrosa*
  - Likes full sun
  - Grows 2-6' ft. tall
  - Low water use
  - Perennial

- **Jerusalem Artichoke**
  - *Helianthus tuberosus*
  - Likes sun
  - Grows 3-6' ft. tall
  - Low water use
  - Perennial

- **Leadplant**
  - *Amorpha canescens*
  - Likes sun, some shade
  - Grows 1-3' ft. tall
  - Low water use
  - Perennial

- **Narrowleaf Mountain Mint**
  - *Pycnanthemum tenuifolium*
  - Likes sun, some shade
  - Grows 20-30" in. tall
  - Medium water use
  - Perennial

- **Prairie Milkweed**
  - *Asclepias sullivantii*
  - Likes full sun
  - Grows 2-3' ft. tall
  - Medium water use
  - Perennial

- **Roughstem Rosinweed**
  - *Silphium radula*
  - Likes full sun
  - Grows 1-2' ft. tall
  - Low water use
  - Perennial

- **Scaly Blazing Star**
  - *Liatris squarrosa*
  - Likes full sun
  - Grows 10-24" in. tall
  - Low water use
  - Perennial

- **Showy Milkweed**
  - *Asclepias speciosa*
  - Likes sun
  - Grows 1½-2' ft. tall
  - Medium water use
  - Perennial

- **Stiff Sunflower**
  - *Helianthus pauciflorus*
  - Likes full sun
  - Grows 1-6' ft. tall
  - Low water use
  - Perennial
**MID & LATE SUMMER BLOOM**

**Baldwin’s Ironweed**
*Vernonia baldwinii*
- Likes full sun
- Grows 3-5’ ft. tall
- Low water use
- Perennial

**Blue Mistflower**
*Conoclinium coelestinum*
- Likes sun, part shade
- Grows 3’ ft. tall
- Medium water use
- Perennial

**Common Sunflower**
*Helianthus annuus*
- Likes full sun
- Grows 1½ - 8’ ft. tall
- Medium water use
- Annual

**Compass Plant**
*Silphium laciniatum*
- Likes full sun
- Grows 3-6’ ft. tall
- Low water use
- Perennial

**Downy Ragged Goldenrod**
*Solidago petiolaris*
- Likes full sun
- Grows 3-6’ ft. tall
- Low water use
- Perennial

**Field Thistle**
*Cirsium discolor*
- Likes full sun
- Grows 3-6’ ft. tall
- Low water use
- Biennial (2 yr. life cycle)

**Golden Crownbeard**
*Verbesina encelioides*
- Likes full sun
- Grows 1-3’ ft. tall
- Low water use
- Annual

**Gray Goldenrod**
*Solidago nemoralis*
- Likes sun, part shade
- Grows 1½-2’ ft. tall
- Medium water use
- Perennial

**Hoary Verbena**
*Verbena stricta*
- Likes full sun
- Grows 1-4’ ft. tall
- Low water use
- Annual

**Leavenworth’s Eryngo**
*Eryngium leavenworthii*
- Likes full sun, some shade
- Grows 20-40” in. tall
- Low water use
- Annual

**Maximilian Sunflower**
*Helianthus maximiliani*
- Likes full sun
- Grows 3-10’ ft. tall
- Low water use
- Perennial

**Mealycup Sage**
*Salvia farinacea*
- Likes full sun
- Grows 2-3’ ft. tall
- Low water use
- Perennial

**Missouri Goldenrod**
*Solidago missouriensis*
- Likes full sun
- Grows 1-2’ ft. tall
- Low water use
- Perennial

**Pennsylvania Smartweed**
*Polygonum pensylvanicum*
- Likes full sun
- Grows 4” in. - 6’ ft. tall
- Medium water use
- Annual
MID & LATE SUMMER BLOOM

PRAIRIE BLAZING STAR  
_Liatris pycnostachya_
- Likes full sun
- Grows 2-5’ ft. tall
- Medium water use
- Perennial

PRAIRIE IRONWEED  
_Vernonia fasciculata_
- Likes some sun, part shade
- Grows 2-5’ ft. tall
- High water use
- Perennial

PURPLE PRAIRIE CLOVER  
_Dalea purpurea_
- Likes full sun
- Grows 8-35” in. tall
- Low water use
- Perennial

RATTLESDAKE MASTER  
_Eryngium yuccifolium_
- Likes full sun
- Grows 4-6’ ft. tall
- Low water use
- Perennial

ROUNDLEAF RAGWORT  
_Packera obovata_
- Likes some shade
- Grows 1-3’ ft. tall
- Low water use
- Perennial

SHOWY GOLDENROD  
_Solidago speciosa_
- Likes shade
- Grows 1-5’ ft. tall
- High water use
- Perennial

SPANISH GOLD  
_Grindelia papposa_
- Likes full sun
- Grows 3-6’ ft. tall
- Low water use
- Annual

SWAMP MILKWEED  
_Asclepias incarnata_
- Likes sun, part shade
- Grows 2-4’ ft. tall
- High water use
- Perennial

SWAMP VERVAIN  
_Verbena hastata_
- Likes full sun, part shade
- Grows 2-5’ ft. tall
- High water use
- Perennial

TALL THISTLE  
_Cirsium altissimum_
- Likes sun, part shade
- Grows 6-12’ ft. tall
- Low water use
- Biennial (2 yr. life cycle)

TEXAS THISTLE  
_Cirsium texanum_
- Likes sun, part shade
- Grows 2-5’ ft. tall
- Low water use
- Biennial (2 yr. life cycle)

WILD BERGAMONT  
_Monarda fistulosa_
- Likes sun, part shade
- Grows 2-5’ ft. tall
- Medium water use
- Perennial

WHITE HEATH ASTER  
_Symphyotrichum ericoides_
- Likes full sun
- Grows 1-3’ ft. tall
- Low water use
- Perennial

WHOLELEAF ROSINWEED  
_Silphium integrifolium_
- Likes full sun
- Grows 3-6’ ft. tall
- Low water use
- Perennial

WHORLED MILKWEED  
_Asclepias verticillata_
- Likes sun, part shade
- Grows 1-3’ ft. tall
- Low water use
- Perennial

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LATE SUMMER / FALL BLOOM

AROMATIC ASTER
Symphyotrichum oblongifolium
› Likes sun, part shade
› Grows 1-2’ ft. tall
› Low water use
› Perennial

BLUE SAGE
Salvia azurea
› Likes part shade
› Grows 3-6’ ft. tall
› Low water use
› Perennial

CANADA GOLDENROD
Solidago altissima
› Likes sun, part shade
› Grows 2-4’ ft. tall
› Medium water use
› Perennial

GIANT IRONWEED
Vernonia gigantea
› Likes sun, part shade
› Grows 2-5’ ft. tall
› High water use
› Perennial

GOLDEN CROWNBEARD
Verbesina enceloides
› Likes full sun
› Grows 1-3’ ft. tall
› Low water use
› Annual

STIFF GOLDENROD
Oligoneuron rigidum
› Likes full sun
› Grows 3-7” in. tall
› Low water use
› Perennial

TALL BLAZING START
Liatris aspera
› Likes full sun
› Grows 1-4’ ft. tall
› Low water use
› Perennial

WHITE CROWNBEARD
Verbesina virginica
› Likes part shade
› Grows 3-6’ ft. tall
› Medium water use
› Biennial

WILLOWLEAF ASTER
Symphyotrichum praetum
› Likes sun, part shade
› Grows 1-2’ ft. tall
› High water use
› Perennial

YELLOW WINGSTEM
Verbesina alternifolia
› Likes sun, part shade
› Grows 1-2’ ft. tall
› High water use
› Perennial
Additional Resources

Lady Bird Johnson Wildflower Center
wildflower.org

Take the Pledge and Save the Monarchs
okiesformonarchs.org/pledge

The Kerr Center Guide to Native Milkweeds of Oklahoma

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