WESTERN 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 Western Oklahoma ecological region is made up of Cimarron, Texas, Beaver, Harper, Woods, Ellis, Woodward, Major, Roger Mills, Beckham, Harmon, Greer, Jackson, Tillman, Dewey, Custer, Washita, Kiowa, and Blaine 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 Central 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

**DAKOTA MOCK VERVAIN**  
Glandularia bipinnatifida  
- Likes full sun  
- Grows 0-1’ ft. tall  
- Low to Medium water use  
- Perennial

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

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

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

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

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

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

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

**SHOWY MILKWEED**  
Asclepias speciosa  
- Likes sun  
- Grows 1½-2’ ft. tall  
- Medium water use  
- Perennial

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

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

**SPOTTED BEEBALM**  
Monarda punctata  
- Likes full sun  
- Grows 1-3’ ft. tall  
- Low water use  
- Annual

**TEXAS VERVAIN**  
Verbena halei  
- Likes full sun  
- Grows 1-2½’ ft. tall  
- Low water use  
- Perennial

**WHITE PRAIRIE CLOVER**  
Dalea candida  
- Likes full sun  
- Grows 1-2’ ft. tall  
- Medium water use  
- Perennial
Western Oklahoma Monarch Butterfly Plant List

**AMERICAN STAR THISTLE**
*Centaurea americana*
- Likes sun, some shade
- Grows 1½ - 5' ft. tall
- Low water use
- Annual

**BALDWIN’S IRONWEED**
*Vernonia baldwinii*
- Likes full sun
- Grows 3-5' 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

**COMPASS PLANT**
*Silphium laciniatum*
- Likes full sun
- Grows 3-6' ft. tall
- Low water use
- Perennial

**COMMON SUNFLOWER**
*Helianthus annuus*
- Likes full sun
- Grows 1½ - 8' ft. tall
- Medium water use
- Annual

**DOTTED BLAZING STAR**
*Liatris punctata*
- Likes full sun
- Grows 1-2' ft. tall
- Medium 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)

**HOARY VERBENA**
*Verbena stricta*
- Likes full sun
- Grows 1-4' ft. tall
- Low water use
- Annual

**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

**MID SUMMER BLOOM**
**MID SUMMER BLOOM**

### 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

### MISSOURI GOLDENROD
_Solidago missourensis_
- 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

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

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

### 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)

### 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
### LATE SUMMER / FALL BLOOM

#### 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

#### Canada Goldenrod (*Solidago altissima*)
- Likes sun, part shade
- Grows 2-4’ ft. tall
- Medium water use
- Perennial

#### Spanish Gold (*Grindelia papposa*)
- Likes full sun
- Grows 3-6’ ft. tall
- Low water use
- Annual

#### Stiff Goldenrod (*Oligoneuron rigidum*)
- Likes full sun
- Grows 3-7” in. tall
- Low water use
- Perennial

#### Showy Goldenrod (*Solidago speciosa*)
- Likes shade
- Grows 1-5’ ft. tall
- High water use
- Perennial

#### Blue Sage (*Salvia azurea*)
- Likes part shade
- Grows 3-6’ ft. tall
- Low water use
- Perennial

#### Spider Milkweed (*Asclepias asperula*)
- Likes full sun
- Grows 1-2’ ft. tall
- Medium water use
- Perennial

#### Aromatic Aster (*Symphyotrichum oblongifolium*)
- Likes sun, part shade
- Grows 1-2’ ft. tall
- Low water use
- Perennial

#### Canada Goldenrod
- Likes sun, part shade
- Grows 2-4’ ft. tall
- Medium water use
- Perennial

#### Stiff Goldenrod
- Likes full sun
- Grows 3-7” in. tall
- Low water use
- Perennial

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*Golden Crownbeard (*Verbesina encelioides*) blooms mid summer through fall. This is a critical resource for Monarchs during each migration. It is important to have this nectar source in each season.*
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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