

Monarch Nectar Plants

Florida



Left to right: Monarch on seaside goldenrod, scorpion's-tail, and a monarch on frostweed.

Florida is a butterfly enthusiast's dream. From its temperate northern border to the hundreds of small subtropical islands beyond the peninsula's southern tip, Florida boasts an incredible range of habitats, including hardwood hammocks, mangrove swamps, pine flatwoods, and coastal strands. These communities give rise to an astonishing diversity of plants that serve as both larval hosts and adult nectar plants to roughly 180 different butterfly species, including some of our showiest butterflies such as zebra longwings, spicebush swallowtails, and our best-known tropical migrants, the monarchs.

Each spring, monarchs leave overwintering sites in the mountains of central Mexico and fan out across Eastern North America to breed and lay eggs on milkweed, the monarch's host plant. Several generations are produced over the course of the spring and summer. In late summer and early fall, adults migrate back to the overwintering sites, where they generally remain in reproductive diapause until the spring, when the cycle begins again. Small year-round resident populations can also be found in some parts of South Florida.

Monarchs at overwintering sites in Mexico and California have declined dramatically since monitoring began in the late 1990s. Across their range in North America, monarchs are threatened by a variety of factors. Loss of milkweed from extensive herbicide use has been a major contributing factor, and habitat loss and degradation from other causes, natural disease and predation, climate change, and widespread insecticide use are probably also contributing to monarch declines. Because of the monarch's migratory life cycle, it is important to protect and restore habitat across their entire range. Adult monarchs depend on diverse nectar sources for food during all stages of the year, from spring and summer breeding to fall migration and overwintering. Caterpillars are completely dependent on their milkweed host plants. Inadequate milkweed and nectar plant food sources at any point may impact the number of monarchs that successfully arrive at overwintering sites in the fall.

Providing milkweeds and other nectar-rich flowers that bloom where and when monarchs need them is one of the most significant actions you can take to support monarch butterfly populations. This guide features Florida native plants that have documented monarch visitation, bloom during the times of year when monarchs are present, are commercially available, and are known to be hardy. These species are well-suited for wildflower gardens, urban greenspaces, and farm field borders. Beyond supporting monarchs, many of these plants attract other nectar- and/or pollen-seeking butterflies, bees, moths, and hummingbirds, and some are host plants for other butterfly and moth caterpillars. For a list of native plants that host butterflies and moths specific to your zip code see nwf.org/nativeplantfinder. The species in this guide are adaptable to growing conditions found across the state. Please consult regional floras, the Biota of North America's North American Plant Atlas (bonap.net/napa), or the USDA's PLANTS database (plants.usda.gov) for details on species' distributions in your area.

						
Bloom	Common Name	Scientific Name	Flower Color	Max. Height	Water Needs	
Spring to Fall	Forbs			(Feet)	Low, Med, or High	
	1	Aquatic milkweed	<i>Asclepias perennis</i>	White / pink	2	H
	2	Butterfly milkweed	<i>Asclepias tuberosa</i>	Orange / yellow	2	L
	3	Frostweed	<i>Verbesina virginica</i>	White	6	L / M
	4	Giant ironweed	<i>Vernonia gigantea</i>	Purple	8	M
Spring to Summer	5	Lyreleaf sage	<i>Salvia lyrata</i>	White / blue / violet	2	L / M
Spring to Winter	6	Spotted bee balm	<i>Monarda punctata</i>	White / pink / yellow	3	L
Summer to Fall	7	Blue mistflower	<i>Conoclinium coelestinum</i>	Blue / purple	3	M
	8	Spiked blazing star	<i>Liatris spicata</i>	Purple	4	M
	9	Swamp milkweed	<i>Asclepias incarnata</i>	Pink	4	M
	10	Sweetscent	<i>Pluchea odorata</i>	Pink / purple	3	L
Fall	11	Azure blue sage	<i>Salvia azurea</i>	White / blue	5	L
	12	Narrow-leaved sunflower	<i>Helianthus angustifolius</i>	Yellow	3	M
Year-round	13	Scarlet sage	<i>Salvia coccinea</i>	White / red / pink	3	M
	14	Scorpion's-tail	<i>Heliotropium angiospermum</i>	White	2	M
	15	Seaside goldenrod	<i>Solidago sempervirens</i>	Yellow	8	L
	16	Spanish needles, beggarticks	<i>Bidens alba</i>	White	3	L / M
Shrubs and Trees						
Spring	17	Virginia-willow	<i>Itea virginica</i>	White	6	M / H
Spring to Fall	18	Common buttonbush	<i>Cephalanthus occidentalis</i>	White	12	M
Summer to Fall	19	Eastern baccharis	<i>Baccharis halimifolia</i>	White	12	M
	20	Jack in the bush	<i>Chromolaena odorata</i>	Purple	6	L
Fall	21	Woody goldenrod	<i>Chrysoma pauciflosculosa</i>	Yellow	3	L
Fall to Winter	22	Climbing aster	<i>Ampelaster carolinianus</i>	Purple / pink / white	10	M / H
Year-round	23	Bushy seaside tansy	<i>Borrichia frutescens</i>	Yellow	3	M
	24	Firebush	<i>Hamelia patens</i>	Red	12	M
						



Notes

This list of monarch nectar plants for Florida was produced by the Xerces® Society. For more information about monarch conservation, please visit www.xerces.org



All species perennials, unless otherwise noted.

Monarch caterpillar host plant.

Monarch caterpillar host plant.

Biennial plant. Does best when allowed to naturalize. Important monarch nectar plant.

Thin regularly to control spread by suckers. Attracts a wide variety of pollinators.

Easy to grow but prefers moist soils.

Annual. Tolerates dry, sandy soils; blooms prolifically; highly attractive to beneficial wasps and bees.

Thin regularly to control spread by runners.

Highly adaptable and easy to grow. Attracts many butterflies, bees, and hummingbirds.

Monarch caterpillar host plant.

Annual plant.

Tough plant with long-blooming flowers. Does well in dry soils.

Important nectar source for fall migrating monarchs. Latest flowering sunflower species.

Can be an annual or perennial.

Annual plant.

Tolerates saltwater spray and sandy soils. An important nectar source for coastal migrating monarchs.

Annual that can spread aggressively via seeds.

Has attractive foliage even when flowers are spent.

Fragrant, showy flowers that attract butterflies.

Tolerates saltwater spray and sandy soils. Good for erosion control.

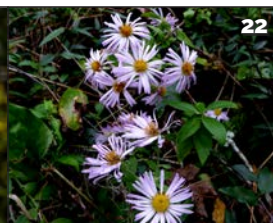
Aromatic flowers attract bees, butterflies, and other insects.

Extremely drought tolerant.

Native to wetlands, but does great in gardens. Prune it to fit your space.

Tolerates saltwater spray.

Showy tropical plant. Attracts butterflies and moths as well as hummingbirds.



Planting for Success

Monarch nectar plants often do best in open, sunny sites. You can attract more monarchs to your area by planting flowers in single species clumps and choosing a variety of plants that have overlapping and sequential bloom periods. Monarchs are present year-round in Florida, particularly in South Florida, which is home to a non-migratory population. Providing nectar plants that bloom throughout the entire year will be important for breeding and migrating monarchs in the state.

Why Plant Native?

Although monarchs use a variety of nectar plant species, including exotic invasives such as butterfly bush (*Buddleja* spp.) and lantana (*Lantana* spp.), we recommend planting native species. Native plants are often more beneficial to ecosystems, are adapted to local soils and climates, and help promote biological diversity. They can also be easier to maintain in the landscape, once established.

Tropical milkweed (*Asclepias curassavica*) is a non-native plant that is widely available in nurseries. This milkweed can persist year-round in mild climates, allowing monarchs to breed throughout the winter rather than going into diapause. Tropical milkweed may foster higher loads of a monarch parasite called *Oe* (*Ophryocystis elektroscirrha*), which negatively impacts monarch health. Because of these implications, we recommend planting native species of milkweeds in areas where they historically occurred. You can read more about *Oe* in a fact sheet by the Monarch Joint Venture: <https://tinyurl.com/89cmcaeb>

Protect Monarchs from Pesticides

Both insecticides and herbicides can be harmful to monarchs. Herbicides can reduce floral resources and host plants. Although dependent on timing, rate, and method of application, most insecticides have the potential to poison or kill monarchs and other pollinators. Systemic insecticides, including neonicotinoids, have received significant attention for their potential role in pollinator declines (imidacloprid, dinotefuran, clothianidin, and thiamethoxam are examples of systemic insecticides now found in various farm and garden products). Because plants absorb systemic insecticides as they grow, the chemicals become distributed throughout all plant tissues, including the leaves and nectar. New research has demonstrated that some neonicotinoids are toxic to monarch caterpillars that are poisoned as they feed on leaf tissue of treated plants. You can help protect monarchs by avoiding the use of these and other insecticides. Before purchasing plants from nurseries and garden centers, be sure to ask whether they have been treated with systemic insecticides. To read more about threats to pollinators from pesticides, please visit: xerces.org/pesticides.

Additional Resources

Publications & Resources

- 100 Plants to Feed the Monarch by The Xerces Society: xerces.org/books
- Gardening for Butterflies by the Xerces Society: xerces.org/books
- Attracting Birds, Butterflies, and Other Backyard Wildlife: <https://tinyurl.com/2p8c7zjm>
- Conservation Status and Ecology of the Monarch Butterfly in the U.S.: xerces.org/us-monarch-consv-report
- Southeastern U.S. Monarchs and Milkweeds: xerces.org/publications/brochures/monarchs-milkweeds-southeastern-us
- Milkweed Seed Finder: xerces.org/milkweed-seed-finder



Websites

- The Xerces Society: xerces.org/monarchs
- Monarch Joint Venture: monarchjointventure.org/resources
- Natural Resources Conservation Service: nrcs.usda.gov/programs-initiatives/monarch-butterflies
- National Wildlife Federation: nwf.org/butterflies

Community Science Efforts in Florida

- Monarch Watch Tagging Program: monarchwatch.org/tagging
- Journey North: journeynorth.org/monarchs
- Monarch Larva Monitoring Project: mlmp.org
- Project Monarch Health: monarchparasites.org

Data Sources

Nectaring data and observations, background information, and other contributions to this publication were taken from the published literature and generously provided by multiple researchers, gardeners, partners, and biologists. For the full list of data sources, please visit our website: xerces.org/monarch-nectar-plants.

Have you seen monarchs on native nectar plants?

Share your monarch nectar plant observations with Xerces at <https://tinyurl.com/XercesMNPO>

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