

# NECTAR PLANTS

Nectar plants provide nourishment to adult pollinators.



**Bee Balm (*Monarda*)**  
Blooms midsummer-fall. Grows 1-4 ft. tall with a 2 ft. spread. Used in containers, beds, borders. Deer resistant.  
N P \$\$\$



**Blazing Stars (*Liatris*)**  
Blooms throughout summer. Grows 2-5 ft. tall with a 1-2 ft. spread. Used in containers, beds, borders.  
N P \$\$\$



**Coneflowers (*Echinacea*)**  
Blooms summer-fall. Grows 2-4 ft. tall with a 1-2 ft. spread. Used in containers, beds, borders.  
N P \$\$\$



**Cosmos (*Cosmos*)**  
Blooms summer-fall. Grows 2-5 ft. tall with a 1-2 ft. spread. Used in containers, beds, borders.  
A \$



**Goldenrod (*Solidago*)**  
Blooms summer-fall. Grows 2 in.-6 ft. tall with an 8 in.-3 ft. spread. Used in containers, beds, borders, slopes. Deer resistant.  
N P \$\$\$



**Ironweed (*Vernonia*)**  
Blooms summer-fall. Grows 2-8 ft. tall with a 2-3 ft. spread, depending on variety. Used in containers, beds, borders.  
N P \$\$\$



**Joe-Pye Weed (*Eutrochium*)**  
Blooms late summer. Grows 2-6 ft. tall with a 2-4 ft. spread. Used in containers, beds, borders, ground cover. Deer resistant.  
N P \$\$\$



**Lantana (*Lantana*)**  
Blooms summer-fall. Grows 4 ft. tall with a 4 ft. spread. Used in containers, beds, borders, slopes, ground cover. Deer resistant.  
A \$



**Rugosa Rose (*Rosa rugosa*)**  
Blooms late spring-early summer. Grows 4-8 ft. tall with a 4-6 ft. spread. Used in containers, beds, borders. Deer resistant.  
P \$\$\$\$



**Zinnias (*Zinnia*)**  
Blooms throughout summer. Grows 1-4 ft. tall with a 1 ft. spread. Used in containers, beds, borders. Deer resistant.  
A \$

N Plant is native to the Upper Midwest. P Plant is a perennial. A Plant is an annual.

## Ready to Get Started?

To register your garden, visit us online at [plantgrowfly.com](http://plantgrowfly.com).

E: [plantgrowfly@blankparkzoo.org](mailto:plantgrowfly@blankparkzoo.org)

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Photos courtesy of Reiman Gardens & UNI Tallgrass Prairie Center.

# Planting Your Garden



Plant. Grow. Fly.

BLANK PARK ZOO



# From the Ground Up

## First, consider your space.

Your garden can be as big as your backyard or as small as a single pot. Every garden is important and no effort is too small! To qualify as an official Plant.Grow.Fly. garden, be sure to include at least one host plant and one nectar plant from our list. When choosing where to plant your garden, favor sunny, wind-sheltered areas, as pollinators and their plants need full sunlight for at least six hours per day.

## Next, choose your plants.

With the help of experts at Iowa State University's Reiman Gardens, we have developed this list of host and nectar plants that support the butterfly species of the Upper Midwest. Most of these plants are native to the region, making them easier to maintain and better adapted to our climate. The best gardens combine both nectar and host plants, encouraging pollinators to spend more time in your garden!

## Start planting!

Butterflies are attracted to large splashes of color in the landscape. Planting groups of 3-5 of the same plant is important when creating these color splashes. Purchase plants of different heights, creating tiers within your garden. Choose plants with varying blooming times to provide resources throughout the entire season. See our sample garden plans on our website.

## Grow green.

Make informed decisions when purchasing your plants. Ask the greenhouse if their plants are grown locally and if herbicides or pesticides have been applied. Native and non-hybrid cultivars are preferred. We want your garden to be a safe and bountiful place for pollinators to reproduce and collect nutrients.

## The birds and the bees.

While your garden will be a sanctuary for butterflies, it will also help other local wildlife such as bees, birds, and mammals by providing more high-quality habitats!

For more information on planting your garden and finding seeds or plants, visit [plantgrowfly.com](http://plantgrowfly.com).

# HOST PLANTS

Host plants provide a site for butterflies to lay eggs and serve as food for growing caterpillars.



### Pussytoes (*Antennaria*)

Blooms April-June. Grows up to 1 ft. tall with a ¾-1½ ft. spread. Low maintenance ground cover. Host to American Lady.

☞ P \$\$



### Asters (*Symphyotrichum*)

Blooms in fall. Grows 1-5 ft. with a 1-4 ft. spread. Used in containers and beds. Host to Pearl Crescent and Silvery Checkerspot.

☞ P \$\$



### False Indigo (*Baptisia*)

Blooms late spring. Grows 2-4 ft. tall with a 2-4 ft. spread. Used in containers and beds. Host to Silver-Spotted Skipper and Wild Indigo Duskywing.

☞ P \$\$



### Lupine (*Lupinus*)

Blooms early to midsummer. Grows 2-3 ft. tall with a 1-2 ft. spread. Used in containers, beds, and on slopes. Deer resistant. Host to Eastern Tailed Blue and Gray Hairstreak.

☞ P \$\$



### Milkweed (*Asclepias*)

Blooms and grows throughout summer. Grows 2-4 ft. tall with a 2-3 ft. spread. Used in containers and beds. Deer resistant. Host to Monarch.

☞ P \$\$



### Native Grasses

Host to Wood Nymph, Northern Wood Satyr, Northern Pearly Eye, Crossline Skipper, Delaware Skipper, Least Skipper, Little Glasswing, Sachem Northern Broken Dash, Peck's Skipper.

☞ P \$\$



### Violets (*Viola*)

Blooms spring, fall, winter. Grows 1-12 in. tall with a 6 in. spread. Used in containers, beds, and groundcover. Deer resistant. Host to Great Spangled Fritillary, Regal Fritillary and Variegated Fritillary. ☞ P \$



### New Jersey Tea (*Ceanothus americanus*)

Shrub. Blooms May-July. Grows 2-4 ft. tall with a 3-5 ft. spread. Host to Spring Azure, Summer Azure and Mottled Duskywing.

☞ P \$\$\$



### Herbs: Dill, Fennel, Curly Parsley

Annual or perennial depending on variety. Blooms late spring-summer. Used in containers and beds. Host to Black Swallowtail. \$



### Purple Prairie Clover, (*Dalea purpurea*)

Herbaceous perennial. Grows 1-3 ft. with a 1-1½ ft. spread. Blooms June-August. Used in containers and beds. Host for Southern Dogface, Reakirt's Blue. ☞ P \$\$



### Black-Eyed Susan (*Rudbeckia*)

Annual and perennial varieties. Blooms midsummer-fall. Grows 2-10 ft. tall with a 1-3 ft. spread, depending on variety. Used in containers and beds. Deer resistant. Host to Silvery Checkerspot. ☞ \$



### Sunflowers (*Helianthus*)

Annual and perennial varieties. Blooms throughout the summer. Grows 3-10 ft. tall with a 3-4 ft. spread. Used in beds and borders. Host to Painted Lady and Silvery Checkerspot. ☞ \$



### Penstemon (*Penstemon*)

Annual and perennial varieties. Blooms spring-late summer. Grows 8 in.-6 ft. tall with a 8-20 in. spread, depending on variety. Used in containers, beds, slopes and as ground cover. Host to Buckeye. ☞ \$\$

Flip to back to see List of Nectar Plants. >>>

☞ Plant is native to the Upper Midwest.  
P Plant is a perennial.