



**Plant List Recommendations for Monarch Gardens  
Communities near Raleigh, NC**

This area is located in the Piedmont within the Eastern Temperate Forests Ecoregion.

The following plant recommendations can be used to achieve the 80% native plant requirement to obtain Monarch Garden Certification.

Plant Category	Common Name Scientific Name	Bloom Time	Bloom Color	Height	Spread	Light Conditions	Cover	Host	Nectar/ Pollen	Wildlife Value
<b>Milkweed *Required</b>	<i>Asclepias incarnata</i> Swamp Milkweed	summer	pink	3-4'	2-3'			✓	✓	
	<i>Asclepias syriaca</i> Common Milkweed	summer	pink	4-8'	1'			✓	✓	
	<i>Asclepias tuberosa</i> Butterfly Milkweed	summer	orange/ yellow	1-3'	0.5- 1.5'			✓	✓	
	<i>Asclepias verticillata</i> Whorled Milkweed	summer	purple/ cream	1-2.5'	1-2'			✓	✓	
<b>Flowering Perennials</b>	<i>Amsonia tabernaemontana</i> Eastern Bluestar	spring	blue	2.5-3'	2-3'			✓	✓	
	<i>Aquilegia canadensis</i> Eastern Red Columbine	spring	red/ yellow	1-2.5'	1-1.5'			✓	✓	
	<i>Baptisia tinctoria</i> Horseflyweed	spring- summer	yellow	2-3'	2-3'			✓	✓	
	<i>Blephilia ciliata</i> ^ Downy Woodmint	spring- summer	purple/ blue	1-2.5'	0.75- 1.5'				✓	
	<i>Conoclinium coelestinum</i> Blue Mistflower	summer- fall	blue/ purple	2-3'	2-3'			✓	✓	

<i>Coreopsis sp. (lanceolata, auriculata, verticillata)</i> Tickseed – Lance-Leaved, Lobed, Whorled	spring-summer	yellow/orange	0.5-4'	0.5-1'				✓	
<i>Echinacea purpurea</i> Purple Coneflower	summer	rose/purple	2-4'	1.5-2'			✓	✓	
<i>Eupatorium perfoliatum</i> Boneset	summer-fall	white	3-5'	3-4'			✓	✓	
<i>Eurybia divaricata/Aster divaricatus</i> White Wood Aster	summer-fall	white/yellow	2-3.5'	3-4'				✓	
<i>Eutrochium fistulosum</i> Joe-pye weed	summer	pink/purple	4-7'	2-4'			✓	✓	
<i>Fragaria virginiana</i> Virginia Strawberry	spring	white	0.5-1'	1-2'			✓	✓	
<i>Geranium maculatum</i> Wild/Spotted Geranium	spring	pink	1-3'	1-1.5'			✓	✓	
<i>Helenium autumnale</i> Sneezeweed	summer-fall	yellow/brown	2-4'	1-2'			✓	✓	
<i>Helianthus sp. (angustifolius, divaricatus, microcephalus, decapetalus)</i> Sunflower – Narrow-leaved, Woodland, Small Woodland, Thinleaf	summer-fall	yellow	3-7'	1-3'			✓	✓	
<i>Heliopsis helianthoides</i> ^ Oxeye Sunflower	summer	yello	3-6'	2-4'			✓	✓	
<i>Hibiscus moscheutos</i> Marsh Hibiscus/ Rose Mallow	summer	pink/white/red	4-6'	2-4'			✓	✓	
<i>Liatris spicata</i> Blazing Star	summer-fall	purple/pink/rose	2-4'	1-1.5'			✓	✓	

<i>Lobelia cardinalis</i> ^ Cardinal Flower	spring-summer	red	3-5'	1'				✓	
<i>Monarda fistulosa</i> Wild Bergamot/ Horsemint	spring-summer	lavender	2-4'	2'			✓	✓	
<i>Monarda punctata</i> Spotted Bee Balm (often annual)	summer-fall	pink/ white/ yellow	1-2.5'	0.75-1'				✓	
<i>Oenothera fruticosa</i> Narrowleaf Evening Primrose	summer	yellow	1.5-3'	1-1.5'				✓	
<i>Penstemon australis</i> ^ Pink Beardtongue	spring-summer	pink/ white	1-3'	1'			✓	✓	
<i>Pityopsis graminifolia</i> Golden Aster/Silkgrass	summer-fall	yellow/ white	2-3'	1-5'			✓	✓	
<i>Pycnanthemum tenuifolium</i> Narrowleaf Mountain Mint	summer-fall	white	2-3'	2-3'				✓	
<i>Rudbeckia sp. (hirta, fulgida, laciniata)</i> Blackeyed Susan, Orange Coneflower, Cutleaf Coneflower	summer-fall	yellow	1.5-6'	1-2'			✓	✓	
<i>Salvia lyrata</i> ^ Lyreleaf sage	spring	blue/ purple	1-2'	0.5-1'				✓	
<i>Solidago sp. (odora, nemoralis, caesia, rugosa)</i> Goldenrod – Anise-scented, Gray, Wreath, Wrinkleleaf	summer-fall	yellow	1-5'	1.5-3'			✓	✓	
<i>Symphyotrichum sp. (laevis, cordifolius, patens, novibelgii)</i> Aster - Smooth Blue, Blue Wood, Late Purple, New York	summer-fall	blue/ purple	2-6'	1-2'			✓	✓	
<i>Symphyotrichum lateriflorum</i> ^ Calico Aster	summer-fall	white/ purple	2-3'	2-3'			✓	✓	

	<i>Verbesina alternifolia</i> Wingstem	summer-fall	yellow	4-6'	2-6'			✓	✓	
	<i>Vernonia noveboracensis</i> New York Ironweed	summer-fall	purple	4-7'	3-4'			✓	✓	
	<i>Viola pedata</i> Birdfoot Violet	spring	lavender /purple	0.25- 0.5'	0.25- 0.5'			✓	✓	
	<i>Zizia aurea</i> Golden Alexander	spring-summer	yellow	1-3'	1.5-2'			✓	✓	
Vines	<i>Gelsemium sempervirens</i> Carolina Jessamine	winter-spring	yellow	10-20'	20-30'		✓		✓	
	<i>Lonicera sempervirens</i> Trumpet Honeysuckle	summer	red	10-15'	3-9'		✓	✓	✓	
	<i>Passiflora incarnata</i> Purple Passionflower	spring-summer	lavender	5-20'	3'			✓	✓	
	<i>Vitis rotundifolia</i> Muscadine Grape	spring	white	30'	3'			✓		
Shrubs	<i>Alnus serrulata</i> Smooth Alder	spring	yellow/ brown	5-30'	5-10'			✓	✓	
	<i>Callicarpa americana</i> Beautyberry	spring-summer	pink/ white/ lavender	4-8'	3-6'			✓	✓	
	<i>Ceanothus americanus</i> New Jersey Tea	spring-summer	white	3-4'	3-5'			✓	✓	
	<i>Cephalanthus occidentalis</i> Buttonbush	summer-fall	white/ cream	6-20'	3-15'			✓	✓	
	<i>Cornus amomum</i> Silky Dogwood	spring	white	6-12'	6-12'			✓	✓	
	<i>Corylus americana</i> American Hazelnut	spring	white	10-16'	8-13'			✓		

<i>Hypericum prolificum</i> Shrubby St. John's Wort	spring	yellow	1-5'	1-4'			✓	✓	
<i>Ilex glabra</i> Inkberry	spring	white	4-12'	2-3'		✓	✓	✓	
<i>Ilex verticillata</i> Winterberry	spring	white	3-12'	3-12'			✓	✓	
<i>Kalmia latifolia</i> Mountain Laurel	spring	pink	6-20'	5-15'		✓	✓	✓	
<i>Lindera benzoin</i> Northern Spicebush	spring	yellow	6-12'	6-12'			✓	✓	
<i>Lyonia lucida</i> Fetterbush Lyonia	spring	red/ pink	3-6'	3-6'		✓	✓	✓	
<i>Myrica/Morella cerifera</i> Wax Myrtle	spring	white	10-20'	8'		✓	✓	✓	
<i>Rhus aromatica</i> Fragrant Sumac	spring	green/ yellow	2-6'	6-10'			✓	✓	
<i>Rhododendron arborescens</i> ^ Sweet Azalea	spring- summer	white/ pale pink	8-12'	8-20'			✓	✓	
<i>Rhododendron atlanticum</i> ^ Coast Azalea	spring	white/ pale pink	2-6'	2-5'			✓	✓	
<i>Rhododendron periclymenoides</i> Pinxterbloom Azalea	spring	pink/ white	3-6'	4-7'			✓	✓	
<i>Rhododendron viscosum</i> ^ Swamp Azalea	spring- summer	white/ pale pink	3-5'	3-5'			✓	✓	
<i>Rosa carolina</i> Pasture Rose	spring- summer	pink	3-6'	5-10'			✓	✓	

	<i>Rosa palustris</i> Swamp Rose	spring	pink/ white	5-7'	3-6'			✓	✓	
	<i>Rubus sp.</i> Blackberry	spring	white	3-6'	3-12'			✓	✓	
	<i>Vaccinium corymbosum</i> Highbush Blueberry	summer	white/ pink	6-12'	8-12'			✓	✓	
	<i>Viburnum dentatum</i> Arrowwood Viburnum	spring	white	8-12'	6-10'			✓	✓	
	<i>Viburnum prunifolium</i> black haw	spring	white	5-12'	6-12'			✓	✓	
Trees	<i>Acer rubrum</i> Red Maple	spring	red	40-60'	35-50'			✓	✓	
	<i>Aesculus pavia</i> Red Buckeye	spring	red/ pink	6-40'	12-15'			✓	✓	
	<i>Amelanchier arborea</i> Serviceberry	spring	white	15-25'	15-25'			✓	✓	
	<i>Betula nigra</i> River Birch	spring	tan/ green	50-75'	40-60'			✓		
	<i>Carpinus caroliniana</i> Musclewood	spring	orange	20-35'	20-35'			✓		
	<i>Carya glabra</i> pignut hickory	spring	yellow/ green	50-80'	25-40'			✓		
	<i>Chionanthus virginicus</i> Fringetree	spring	white	12-35'	12-20'			✓	✓	

<i>Cornus florida</i> Flowering Dogwood	spring	white	15-40'	15-30'			✓	✓	
<i>Fagus grandifolia</i> American Beech	spring	yellow	50-80'	40-80'			✓		
<i>Ilex opaca</i> American Holly	spring	white	20-50'	10-20'			✓	✓	
<i>Juniperus virginiana</i> Eastern Red Cedar	spring	green	50'	8-25'		✓	✓		
<i>Magnolia virginiana</i> Sweet Bay Magnolia	spring- summer	white	6-60'	10-35'		✓	✓	✓	
<i>Malus angustifolia</i> Southern Crab Apple	spring	pink	20-30'	20'			✓	✓	
<i>Pinus taeda</i> Loblolly Pine	spring	yellow	75-100'	30-50'		✓	✓		
<i>Populus deltoides</i> Eastern Cottonwood	spring	yellow/ green	50-80 (190)'	35-60'			✓	✓	
<i>Prunus americana</i> American Plum	spring	white	25-35'	15-25'			✓	✓	
<i>Prunus angustifolia</i> Chickasaw plum	winter- spring	white	5-30'	4-20'			✓	✓	
<i>Quercus sp.</i> Oak (several)	spring	yellow	varies by species	varies by species			✓		
<i>Robinia pseudoacacia</i> Black Locust	spring	white	30-50'	20-35'			✓	✓	

	<i>Salix nigra</i> Black Willow	spring	yellow/ green	30-60'	30-60'			✓	✓	
	<i>Taxodium distichum</i> Bald Cypress	spring	green/ brown	50-80'	20-45'			✓		
	<i>Tilia americana</i> American Basswood	spring	white/ yellow/ green	60-80'	40-60'			✓	✓	
	<i>Ulmus sp. (alata, americana, rubra)</i> Elm – Winged, American, Slippery	winter- spring	yellow/ green	65-120'	25-35'			✓	✓	
Grasses/ Grass-like	<i>Carex grayii</i> Gray's Sedge <i>C. rosea</i> Rosy Sedge <i>C. blanda</i> Eastern Woodland Sedge <i>C. radiata</i> Eastern Star Sedge	spring	green	1-4'	2'		✓	✓		
	<i>Eragrostis spectabilis</i> ^ Purple Lovegrass	summer- fall	purple	1-2'	1-2'			✓		
	<i>Panicum virgatum</i> Switchgrass	summer	green	3-6'	2-3'			✓	✓	
	<i>Schizachyrium scoparium</i> Little Bluestem	summer- fall	yellow/ green	2-4'	1.5-2'			✓	✓	
Ferns and Fern-Allies	<i>Onoclea sensibilis</i> Sensitive Fern	n/a	n/a	3-4'	3-4'			✓		
	<i>Osmunda regalis/regalis</i> var. <i>spectabilis</i> Royal Fern	n/a	n/a	6'	2-3'			✓		
	<i>Osmundastrum cinnamomea</i> Cinnamon Fern	n/a	n/a	5'	2-3'			✓		
	<i>Polystichum acrostichoides</i> Christmas Fern	n/a	n/a	1-2'	1-2'		✓	✓		













**Additional Resources:**

NWF Native Plant Finder Host Plants for Butterfly and Moth Caterpillars:  
[Eastern Temperate Forests](#)  
[Monarch Nectar Plants Guide: Mid-Atlantic](#)  
[The Biota of North America Taxonomic Data Center Query Page](#)  
[North Carolina Extension Gardener Plant Toolbox](#)

North Carolina Native Plant Society [Recommended Native Species](#)  
[Ecoregional Revegetation Application \(ERA\)](#)  
 Lady Bird Johnson Wildflower Center Special Collections: [North Carolina Recommended](#)  
 Missouri Botanical Garden Plant Finder

**Key to Wildlife Details:**

	<b>Plant provides place for wildlife to rest or nest, often evergreen leaves or needles</b>		<b>Keystone species supporting butterflies, moths, and/or pollinator specialist bees critical to maintaining a healthy ecosystem</b>
	<b>Host plant to butterfly and/or moth species supporting their caterpillars</b>		<b>Foliage eaten by butterfly and/or moth caterpillars as food source necessary for survival</b>
	<b>Plant provides nectar and/or pollen as a food source</b>		<b>Nectar used by adult butterflies and/or moths</b>
	<b>Tolerates full sun 6+ hours of sun</b>		<b>Pollen used by bees</b>
	<b>Tolerates part shade 2-6 hours of sun</b>		<b>Nectar used by hummingbirds</b>
	<b>Tolerates full shade &lt;2 hours of sun</b>		<b>Seeds or fruits used by birds and/or plant provides nesting or cover to birds</b>
	<b>^ newly added species Species sold by Garden for Wildlife</b>		<b>Seeds or fruits used by small mammals</b>