



### Maryland Native Larval Host and Nectar Plants for Monarchs

Asclepias species (in bold) are larval host plants

Scientific Name	Common Name	Region			Duration		Moisture			Flowering Period											
		M	P	CP	P	A	D	M	W	M	A	M	J	J	A	S	O	N			
<b>Asclepias incarnata</b>	<b>Swamp Milkweed</b>	◆	◆	◆	◆					◆					◆	◆	◆				
<b>Asclepias syriaca</b>	<b>Common Milkweed</b>	◆	◆	◆	◆			◆	◆						◆	◆	◆				
<b>Asclepias tuberosa</b>	<b>Butterfly Milkweed</b>	◆	◆	◆	◆			◆	◆					◆	◆	◆					
<i>Bidens aristosa</i>	Bur Marigold			◆		◆				◆							◆	◆	◆		
<i>Bidens cernua</i>	Nodding Bur Marigold	◆	◆	◆		◆				◆						◆	◆	◆	◆		
<i>Conoclinium coelestinum</i>	Mistflower		◆	◆	◆				◆	◆					◆	◆	◆	◆	◆		
<i>Coreopsis lanceolata</i>	Lanceleaf Tickseed					◆			◆				◆	◆	◆						
<i>Coreopsis tinctoria</i>	Golden Tickseed	◆	◆	◆		◆			◆				◆	◆							
<i>Doellingeria umbellata var. umbellata</i>	Flat-topped White Aster	◆	◆	◆	◆				◆	◆											
<i>Echinacea purpurea</i>	Purple Coneflower					◆			◆					◆	◆	◆	◆				
<i>Eupatorium perfoliatum</i>	Boneset	◆	◆	◆	◆					◆											
<i>Euthamia graminifolia</i>	Grass-leaved Goldenrod	◆	◆	◆	◆			◆	◆	◆				◆	◆	◆	◆	◆	◆		
<i>Eutrochium dubium</i>	Coastal Plain Joe-Pye Weed		◆	◆	◆				◆	◆				◆	◆	◆					
<i>Eutrochium fistulosum</i>	Joe-Pye Weed	◆	◆	◆	◆				◆	◆				◆	◆	◆					
<i>Eutrochium purpureum</i>	Sweet-scented Joe-Pye Weed	◆	◆	◆	◆				◆	◆				◆	◆	◆					
<i>Helenium autumnale</i>	Yellow Sneezeweed	◆	◆	◆	◆				◆	◆					◆	◆	◆	◆	◆		
<i>Helenium flexuosum</i>	Purple Sneezeweed	◆	◆	◆	◆				◆				◆	◆	◆						
<i>Helianthus angustifolius</i>	Swamp Sunflower			◆	◆					◆					◆	◆	◆	◆	◆		
<i>Heliopsis helianthoides</i>	Smooth Oxeye		◆	◆	◆			◆	◆					◆	◆	◆					
<i>Liatis pilosa</i>	Grass-leaf Blazing Star		◆	◆	◆			◆	◆						◆	◆	◆	◆	◆		
<i>Liatis scariosa</i>	Large Blazing Star	◆	◆	◆	◆				◆						◆	◆	◆				
<i>Lobelia cardinalis</i>	Cardinal Flower	◆	◆	◆	◆					◆				◆	◆	◆					
<i>Lobelia siphilitica</i>	Blue Lobelia	◆	◆		◆					◆					◆	◆	◆	◆	◆		
<i>Monarda didyma</i>	Scarlet Bee-balm	◆			◆				◆	◆				◆	◆	◆					
<i>Monarda fistulosa</i>	Wild Bergamot	◆	◆	◆	◆				◆					◆	◆	◆					
<i>Monarda punctata</i>	Spotted Bee-balm	◆	◆	◆	◆			◆	◆					◆	◆	◆	◆	◆	◆		
<i>Pycnanthemum incanum</i>	Hoary Mountain Mint	◆	◆	◆	◆			◆	◆												

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<i>Pycnanthemum muticum</i>	Big-leaf Mountain Mint			◆	◆		◆	◆	◆												
<i>Pycnanthemum tenuifolium</i>	Narrow-leaf Mountain Mint	◆	◆	◆	◆		◆	◆	◆												
<i>Rudbeckia hirta</i>	Black-eyed Susan	◆	◆	◆				◆	◆				◆	◆	◆	◆	◆	◆			
<i>Silphium perfoliatum</i>	Cup Plant				◆				◆				◆	◆	◆						
<i>Solidago juncea</i>	Early Goldenrod	◆	◆	◆	◆			◆	◆			◆	◆	◆							
<i>Solidago nemoralis</i>	Gray Goldenrod	◆	◆	◆	◆			◆	◆				◆	◆	◆	◆	◆	◆			
<i>Solidago patula</i>	Rough-leaved Goldenrod		◆		◆									◆	◆	◆	◆	◆			
<i>Solidago rugosa</i>	Wrinkle-leaf Goldenrod	◆	◆	◆	◆			◆	◆					◆	◆	◆	◆	◆			
<i>Symphotrichum ericoides</i>	White Heath Aster	◆	◆		◆			◆	◆												
<i>Symphotrichum laeve</i> var. <i>laeve</i>	Smooth Blue Aster	◆	◆	◆	◆			◆	◆					◆	◆	◆	◆	◆			
<i>Symphotrichum lateriflorum</i> var. <i>lateriflorum</i>	Calico Aster	◆	◆	◆	◆				◆	◆											
<i>Symphotrichum novae-angliae</i>	New England Aster	◆	◆	◆	◆				◆	◆				◆	◆	◆	◆	◆			
<i>Symphotrichum novi-belgii</i>	New York Aster		◆	◆	◆									◆	◆	◆	◆	◆			
<i>Symphotrichum oblongifolium</i>	Aromatic Aster	◆	◆		◆			◆	◆						◆	◆	◆	◆			
<i>Symphotrichum pilosum</i>	White Oldfield Aster	◆	◆	◆	◆			◆	◆												
<i>Symphotrichum prenanthoides</i>	Zigzag Aster	◆	◆		◆				◆					◆	◆						
<i>Symphotrichum puniceum</i>	Purple-stemmed Aster	◆	◆	◆	◆									◆	◆	◆	◆	◆			
<i>Symphotrichum urophyllum</i>	White Arrowleaf Aster	◆	◆	◆	◆			◆	◆												
<i>Verbena hastata</i>	Blue (Swamp) Vervain	◆	◆	◆	◆								◆	◆	◆						
<i>Verbesina alterniflora</i>	Wingstem	◆	◆		◆				◆	◆				◆	◆	◆	◆	◆			
<i>Vernonia noveboracensis</i>	New York Ironweed	◆	◆	◆	◆				◆	◆				◆	◆	◆	◆	◆			
<i>Veronicastrum virginicum</i>	Culver's Root	◆	◆		◆				◆	◆											

Refer to table 2.4 in the Maryland Planting Guide for additional species characteristics and substitution rates.

Regions: M = Mountain, P = Piedmont, CP = Coastal Plain

Duration: P = Perennial, A = Annual

Moisture: D = Dry, M = Mesic, W = Wet