The following list of plants support monarchs by providing nectar resources to help fuel their migration. The plants listed are expected to be blooming when monarchs will pass through your region during the northern and southern migrations. This is not an exhaustive list, but provides guidance on where to start. These lists were compiled as part of a pilot project, as the project expands additional plants species will be added to these lists. Remember to include milkweed (Asclepias spp.) in your plantings too; monarchs need them for nectar and laying eggs.
### NORTHBOUND (APRIL 26 TO MAY 23)

<table>
<thead>
<tr>
<th>BOTANICAL NAME</th>
<th>COMMON NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packera aurea</td>
<td>golden ragwort</td>
</tr>
<tr>
<td>Rhododendron calendulaceum</td>
<td>flame azalea</td>
</tr>
</tbody>
</table>

### SOUTHBOUND (SEPTEMBER 13 TO SEPTEMBER 26)

<table>
<thead>
<tr>
<th>BOTANICAL NAME</th>
<th>COMMON NAME</th>
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<tbody>
<tr>
<td>Conoclinium coelestinum</td>
<td>blue mistflower</td>
</tr>
<tr>
<td>Eupatorium hyssopifolium</td>
<td>hyssopleaf thoroughwort</td>
</tr>
<tr>
<td>Euthamia graminifolia</td>
<td>flat-top goldenrod</td>
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<tr>
<td>Silene caroliniana</td>
<td>sticky catchfly</td>
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<tr>
<td>Solidago canadensis</td>
<td>Canada goldenrod</td>
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<tr>
<td>Solidago stricta</td>
<td>wand goldenrod</td>
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<tr>
<td>Symphyotrichum tenuifolium</td>
<td>perennial saltmarsh aster</td>
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<td>NC-County</td>
<td>VA-County</td>
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<td>NC-Alamance</td>
<td>NC-Martin</td>
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<td>NC-Pascoquotank</td>
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<td>NC-Perquimans</td>
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<td>VA-Chesapeake City</td>
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