



Your **Grow Green @ Home** Project is your way to help restore your local ecosystem, nurture the things you care most about, stay close to home, and help raise money for Nature Canada's Restoration Fund. In addition to fresh air and Vitamin D, studies have shown that spending time in nature can calm blood pressure, stimulate a positive mood and provide even greater sleep benefits.

Tips on Developing a Monarch Garden

To most Canadians the Monarch Butterfly is a sure sign of summer. Yet catching a glimpse of this seasonal icon along roadsides and fields is becoming an increasingly rare event. The Monarch Butterfly is an endangered species and needs urgent protection against threats. Threats include the use of pesticides and herbicides, the loss of native plant species, invasive non-native plant species, and climate change.

You can help create a safe space and habitat for Monarchs' to thrive. This guide provides suggestions and tips on native butterfly gardening, and some specific plant species that are necessary for the continued survival of Monarchs.

Developing a Monarch Garden, with all of these considerations, alleviates some of the pressure of habitat loss, providing the opportunity for Monarch populations to recover.



Plants necessary for developing larvae.



Butterfly Milkweed



Common Milkweed



Poke Milkweed

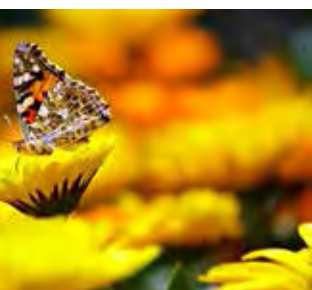
Monarch larvae depend exclusively on milkweeds for food and protection. Milkweed is a perennial, and once planted will brighten up your garden for many years.



Follow these guidelines for the most successful monarch butterfly garden!



Include plants the butterfly will need at all four stages of its life cycle. The egg and larvae stage are restricted to species of milkweed, while adults feed on flowers that are fragrant, rich in nectar, and large enough for the butterfly to land on.



The ideal garden location receives sun for most of the day (butterflies are active between 10 am and 3 pm) and borders a treeline to provide shelter from wind and predators.



Well-designed spaces also provide plenty of shelter and water for the species.



Do not use any pesticides or herbicides on your garden, as these chemicals will kill butterflies and other beneficial insects.

Wildflowers Commonly Preferred by Adult Monarchs



Common
Goldenrod



New England
Aster



Wild Bergamot



Black-eyed Susan



Common Yarrow

Thank you so much for joining us to [Grow Green @ Home](#). Thanks for restoring nature near your home! We are so excited to see what you can do. If you have any questions feel free to contact Cheyanne at

crichardson@naturecanada.ca

- Take Root, Nurture Nature -

