

## Native Nectar Plants for Overwintering Monarch Butterflies, Santa Cruz Mountains Bioregion

Common Name	Scientific Name	Blooming Period	Type
Coastal tidytips	<i>Layia platyglossa</i>	February – May	Annual
Coastal tarweed	<i>Deinandra corymbosa</i>	March – November	Annual
Golden aster species	<i>Heterotheca sessiliflora</i> sp.	March – December	Annual
Hayfield tarweed species	<i>Hemizonia congesta</i> sp.	April – December	Annual
Red maids	<i>Calandrinia menziesii</i>	February – May	Annual
Telegraph weed	<i>Heterotheca grandiflora</i>	Year round	Annual
Blue dicks	<i>Dichelostemma capitatum</i>	February – April	Bulb
Douglas iris	<i>Iris douglasiana</i>	February – July	Bulb
Beach evening-primrose	<i>Camissoniopsis cheiranthifolia</i>	January to August	Perennial
Beach sand verbena	<i>Abronia umbellata</i>	Year round	Perennial
California aster	<i>Symphotrichum chilense</i>	July – December	Perennial
California bee plant	<i>Scrophularia californica</i>	February – May	Perennial
California buttercup	<i>Ranunculus californicus</i>	February – May	Perennial
Canada goldenrod	<i>Solidago canadensis</i>	August to November	Perennial
Douglas' nightshade	<i>Solanum douglasii</i>	Year round	Perennial
Dune goldenrod	<i>Solidago spathulata</i>	May – November	Perennial
Ladies' tobacco	<i>Pseudognaphalium californicum</i>	January – June	Perennial
Seaside daisy	<i>Erigeron glaucus</i>	January to August	Perennial
Seaside paintbrush	<i>Castilleja latifolia</i>	February – September	Perennial
Woolly indian paintbrush	<i>Castilleja foliolosa</i>	February – July	Perennial
Yarrow*	<i>Achillea millefolium</i> varieties	July – December	Perennial
Blue witch nightshade	<i>Solanum umbelliferum</i>	January – July	Shrub
Ceanothus species*	<i>Ceanothus</i> sp.	February – May	Shrub
Flowering currant species	<i>Ribes sanguineum</i> varieties	January – May	Shrub
Golden yarrow	<i>Eriophyllum confertiflorum</i>	February – August	Shrub
Sea cliff buckwheat	<i>Eriogonum parvifolium</i>	Year round	Shrub
California blackberry	<i>Rubus ursinus</i>	February – March	Vine

\* NOTE: Many varieties available. Consult with a knowledgeable nursery staff person to select one that blooms profusely during the winter months.

## Non-native Nectar Plants for Overwintering Monarch Butterflies, Santa Cruz Mountains Bioregion

Common Name	Scientific Name	Blooming Period	Type
Purple trailing lantana	<i>Lantana monteiviensis</i>	Year round	Groundcover
Mexican Marigold	<i>Tagetes lemmonii</i>	Year round	Perennial
Pincushion Flower	<i>Scabiosa atropurpurea</i>	July – December	Perennial
'Zebrina' Mallow	<i>Malva sylvestris</i> hybrid	January – June	Perennial
Autumn Sage varieties	<i>Salvia greggi</i> varieties	Year round	Shrub
Bolivian Sunflower	<i>Tithonia diversifolia</i>	September – March	Shrub
Cape Mallow 'Strybing Beauty'	<i>Anisodonteia</i> hybrid	Year round	Shrub
Cape Plumbago	<i>Plumbago auriculata</i>	March – December	Shrub or vine
Coastal Rosemary varieties	<i>Westringia fruticosa</i>	Year round	Shrub
Giant coreopsis	<i>Coreopsis gigantea</i>	February – May	Shrub
Pride of Maderia	<i>Echium canadensis</i>	Year round	Shrub
Shrub Aster	<i>Felicia fruticosa</i>	February – March	Shrub
Yellow Bush Daisy	<i>Euryops pectinatus</i>	Year round	Shrub

\* NOTE: Many of these plants are sold as varieties or hybrids. Consult with a knowledgeable nursery staff person to select a variety that blooms in winter and produces a good supply of nectar. Be aware that some showy hybrids produce little or no nectar.

For more information, visit the Santa Cruz Bioregional Council's website at [www.scmbc.org](http://www.scmbc.org)