

**TEN COOL SEASON NECTAR PLANTS  
FOR WESTERN MONARCH BUTTERFLIES  
OF COASTAL CALIFORNIA**

BLOOM	COMMON NAME	SCIENTIFIC NAME	FLOWER COLOR	MAX HEIGHT	WATER NEEDS	NOTES	WHERE TO BUY
Winter/Spring	Bluedicks	<i>Dichelostemma capitatum</i>	Purple	3 ft.	Low water	Attracts other bees, butterflies & hummingbirds. An early spring bloomer.	Sheffield's Seed Co., Theodore Payne Foundation. Buy as a plant at Annie's Annuals.
Winter/Spring	Seep monkeyflower	<i>Mimulus guttatus</i>	Yellow	4 ft.	High water	Attractive to bees & butterflies.	Larner's Seeds
Winter to Summer	Seaside fleabane	<i>Erigeron glaucus</i>	Purple	2 ft.	Low/Med. water	A great butterfly plant. Can bloom year-round.	Larner's Seeds
Spring/Summer	Snowberry	<i>Symphoricarpos albus</i>	White/pink	6 ft.	High water	Requires shade.	Sheffield's Seed Co.
Winter/Spring	Howard McMinn manzanita	<i>Arctostaphylos densiflora</i> "McMinn"	White	6 ft.	Low water	Likely that entire genera is attractive to Monarchs. Attracts many bee species.	Buy as a plant. San Marcos Growers supplies some nurseries.
Winter/Spring	Golden currant	<i>Ribes aureum</i>	Yellow	8 ft.	Med. water	Fragrant blooms. Attracts hummingbirds & bees.	Buy as a plant.
Winter to Fall	Verbena Lilacina "De la Mina"	<i>Verbena lilacina</i>	Lavender	7 ft.	Med. water	10 month bloom season; clusters of purple flowers. Likes sandy & clay soils; attracts bees as well as butterflies.	Buy as a plant at Ploughshares Nursery or Annie's Annuals.
Winter/Spring to Fall	Wild aster	<i>Felicia aetheopica</i>	Violet	3 ft.	Low/Med. water	Year-round bloom. Compact habit. Tolerates both clay & sandy soils.	Buy as a plant at Annie's Annuals.
Spring to Fall	Brazilian verbena	<i>Verbena bonariensis</i>	Purple	7 ft.	Low water	Tall, willowy stems w/ cluster of flowers. Bees & butterflies love it.	Buy as a plant at Ploughshares Nursery or Annie's Annuals.
Winter/Spring	Oregon grape, Hollyleaf barberry	<i>Berberis aquifolium</i>	Yellow	3 -7 ft.	Low water	Attractive to many butterfly & bee species. Tolerates shade.	Buy as a plant.

**Sheffield's Seed Co.**, [www.sheffields.com](http://www.sheffields.com) **Theodore Payne Foundation**, [store.theodorepayne.org](http://store.theodorepayne.org) **Larner's Seeds**, [www.larnerseeds.com](http://www.larnerseeds.com)

*Compiled by Alameda Backyard Growers, July 2019. Partly sourced from from Xerxes Society's Recommended Nectar Plants for Western Monarchs: Coastal California*

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