

Nectar Sources for Monarch Butterflies: Orange County, California

Species name	Common name	A&R	LF	Flowering	Jan	Feb	Mar	Apr	May	June	July	Aug	Sep	Oct	Nov	Dec
EUDICOTS																
Acanthaceae - Acanthus Family																
<i>Justicia californica</i>	Chuparosa	-	P	Mar-Jun												
Alzooaceae - Carpet-weed Family																
<i>Sesuvium verrucosum</i>	Western sea-purslane	42	P	Apr-Nov												
Apocynaceae - Dogbane & Milkweed Family																
<i>Apocynum cannabinum</i>	Hemp dogbane	58	P	June-Aug												
<i>Asclepias californica</i>	California milkweed	59	P	Apr-July												
<i>Asclepias eriocarpa</i>	Woolly-fruited milkweed	59	P	June-Aug												
<i>Asclepias fascicularis</i>	Narrow-leaved milkweed	58	P	June-Sep												
Asteraceae - Sunflower Family																
<i>Achillea millefolium</i>	White yarrow	103	P	Mar-July												
<i>Baccharis pilularis</i>	Coyote brush	73	P	Aug-Dec												
<i>Baccharis salicifolia</i>	Mulefat	75	P	Mar-Oct												
<i>Bahipopsis laciniata</i>	San Diego sunflower	119	P	Feb-June												
<i>Bidens laevis</i>	Smooth bur-marigold	108	AP	Aug-Nov												
<i>Chaenactis glabriuscula</i>	Yellow pincushion	87	A	Mar-May												
<i>Cirsium occidentale</i> var. <i>californicum</i>	California thistle	83	A	Mar-July												
<i>Cirsium occidentale</i> var. <i>occidentale</i>	Cobwebby thistle	83	A	Mar-July												
<i>Corethrogyne filaginifolia</i>	Sand aster	107	P	July-Oct												
<i>Deinandra fasciculata</i>	Fasciated tarplant	110	A	May-Sep												
<i>Dieteria canescens</i>	Hoary aster	-	P	May-Oct												
<i>Encelia californica</i>	California bush sunflower	116	P	Feb-June												
<i>Encelia farinosa</i>	Desert bush sunflower	116	P	Mar-May												
<i>Ericameria cuneata</i>	Wedge-leaved goldenbush	89	P	Sep-Nov												
<i>Ericameria nauseosa</i>	Rabbitbrush	89	P	Aug-Oct												
<i>Ericameria palmeri</i> var. <i>pachylepis</i>	Grassland goldenbush	121	P	Aug-Dec												
<i>Ericameria palmeri</i> var. <i>palmeri</i>	Palmer's goldenbush	-	P	Sep-Nov												
<i>Ericameria parishii</i>	Parish's goldenbush	90	P	July-Oct												
<i>Ericameria pinifolia</i>	Pine goldenbush	121	P	Apr-July, Sep-Jan												
<i>Erigeron foliolosus</i>	Leafy daisy	107	P	May-Aug												
<i>Erigeron glaucus</i>	Seaside daisy	-	P	Jan-Aug												
<i>Eriophyllum confertiflorum</i>	Golden yarrow	103	P	Feb-Aug												
<i>Euthamia occidentalis</i>	Western goldenrod	130	P	July-Oct												
<i>Grindelia camporum</i>	Gumplant	121	P	May-Oct												
<i>Hazardia squarrosa</i>	Saw-toothed goldenbush	90	P	July-Oct												
<i>Helianthus annuus</i>	Western sunflower	117	A	Feb-Oct												
<i>Helianthus gracilentus</i>	Slender sunflower	117	P	May-Oct												
<i>Isocoma menziesii</i>	Coastal goldenbush	91	P	Aug-Dec												
<i>Lasthenia</i> spp.	Goldfields	125-6	A	Mar-May												
<i>Layia platyglossa</i>	Common tidy-tips	126	A	May-June												
<i>Leptosyne californica</i>	California tickseed	128	A	Mar-May												
<i>Madia elegans</i>	Elegant madia	112	A	May-June												
<i>Pluchea odorata</i>	Marsh-fleabane	95	AP	July-Nov												
<i>Pluchea sericea</i>	Desert arrowweed	95	P	Mar-July												
<i>Senecio californicus</i>	California butterweed	129	A	Mar-May												
<i>Senecio flaccidus</i> var. <i>douglasii</i>	Sand-wash butterweed	129	P	June-Oct												
<i>Solidago velutina</i> ssp. <i>californica</i>	Western goldenrod	130	P	July-Oct												
<i>Symphotrichum lanceolatum</i>	Western lance-leaf aster	106	P	July-Aug												
<i>Symphotrichum chilense</i>	Pacific aster	-	P	Jun-Oct												
<i>Venegasia carpesioides</i>	Canyon sunflower	118	P	Jan-June												
<i>Verbesina dissita</i>	Big-leaved crownbeard	118	P	Apr-Aug												
Bignoniaceae - Bignonia Family																
<i>Chilopsis linearis</i>	Desert willow	-	P	May-Sep												
Boraginaceae - Borage Family																
<i>Heliotropium curassavicum</i>	Salt heliotrope	155	P	Mar-Oct												
Cleomaceae - Spiderflower Family																
<i>Peritoma arborea</i>	Bladderpod	213	P	Jan-Dec												
Ericaceae - Heath Family																
<i>Arctostaphylos glandulosa</i>	Eastwood manzanita	228	P	Jan-Apr												
<i>Arctostaphylos glauca</i>	Bigberry manzanita	229	P	Dec-Mar												
<i>Comarostaphylos diversifolia</i>	Summer holly	232	P	May-June												
<i>Ornithostaphylos oppositifolia</i>	Baja California birdbush	-	P	Jan-Apr												
<i>Xylococcus bicolor</i>	Mission manzanita	232	P	Dec-Feb												
Grossulariaceae - Gooseberry & Currant Family																
<i>Ribes aureum</i> var. <i>gracillimum</i>	Slender-flowered golden currant	266	P	Feb-Apr												
<i>Ribes indecorum</i>	White-flowered currant	267	P	Nov-Mar												
<i>Ribes malvaceum</i>	Southern California currant	267	P	Oct-Mar												

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Lamiaceae - Mint Family																
Monardella spp.	Monardella	273	P	June-Sep						■	■	■	■			
Salvia columbariae	Chia	274	A	Mar-June			■	■	■	■						
Salvia clelandii	Cleveland sage	276	P	July-Aug							■	■				
Polemoniaceae - Phlox Family																
Gilia capitata	Ball gilia	339	A	Apr-May				■	■							
Rhamnaceae - Buckthorn Family																
Ceanothus spp.	California lilac			Jan-June	■	■	■	■	■	■						
Rosaceae - Rose Family																
Heteromeles arbutifolia	Toyon	381	P	June-July						■	■					
Prunus ilicifolia	Holly-leaved cherry	385	P	Apr-May				■	■							
Verbenaceae - Vervain Family																
Verbena lasiostachys	Western verbena	407	P	May-Sep					■	■	■	■	■			
Verbena ilacina 'De La Mina'	Cedros Island verbena	-	P	Jan-Dec	■	■	■	■	■	■	■	■	■	■	■	■
MONOCOTS																
Alliaceae - Onion Family																
Allium haematochiton	Red-skinned onion	421	P	Mar-May			■	■	■							
Liliaceae - Lily Family																
Lilium humboldtii	Humboldt lily	432-3	P	May-July					■	■	■					
Themidaceae - Brodiaea Family																
Dichelostemma capitatum	School bells	444-5	P	Jan-May	■	■	■	■	■							

Legend. Page numbers in Allen & Roberts 2013. "-" = not in A&R, but is native to CA/Mx. A = annual, P = perennial, AP = annual to perennial. Flowering periods are general. Most plants are available from Tree of Life Nursery, San Juan Capistrano, CA, californianativeplants.com. (c)Bob Allen 2019-May-16