

# Native Gardens

## Hiawatha National Forest



The Monarch butterfly is one of the most loved and studied insects of North America. This species of butterfly is known for its long annual fall migration from their summer breeding grounds in the U.S. and southern Canada to their overwintering grounds in Mexico. This migration is similar to that of birds and whales except that the monarch individuals only make the round trip once. It is their children’s grandchildren that will return south the following fall. The North American monarchs travel up to 3,000 miles during this annual migration

Monarch butterflies have four distinct life stages: egg, larva (caterpillar), pupa (chrysalis), and adult. Milkweed plants are crucial for monarch growth and development as female monarchs exclusively lay their eggs on the milkweed plants, and the larva feed on that milkweed. As the larva ingest milkweed, they are also ingesting the plant’s toxin known as cardiac glycosides. They sequester these compounds in their wings and exoskeleton in turn making them poisonous to potential predators. Although monarch larva exclusively feed on milkweed, the adult monarchs feed on the nectar of many other flowers.

# Monarch Butterflies



# Native Garden Species



**Common Milkweed** (*Asclepias syriaca*)  
Fragrant flowers that attract butterflies and bees. Host Plant for Monarch Butterfly

**Flowers:** August- September

**Habitat:** Native plant of disturbed ground. Common along roadsides.



**Bee Balm or Wild Bergamot** (*Monarda fistulosa*)

Flowers in dense heads or whorls. Member of the Mint family. Notice its strong fragrance!

**Flowers:** July-August

**Habitat:** Dry, open, sandy, gravelly, or rocky ground such as prairies, fields, and roadsides



**Black Eyed-Susan** (*Rudbeckia hirta*)

Coarse, rough stemmed plant with daisy like flower heads. Made up of showy, golden ray flowers, with disc flower forming a brown central cone.

**Flowers:** June- October

**Habitat:** Fields, prairies, and open woods



**Tall Anemone or Thimbleweed** (*Anemone virginiana*) Greenish flower, sometimes white. Develops a large ovoid fruiting head and toothed leaves. The distinctive thimble shape group of pistils accounts for the common name.

**Flowers:** June- August

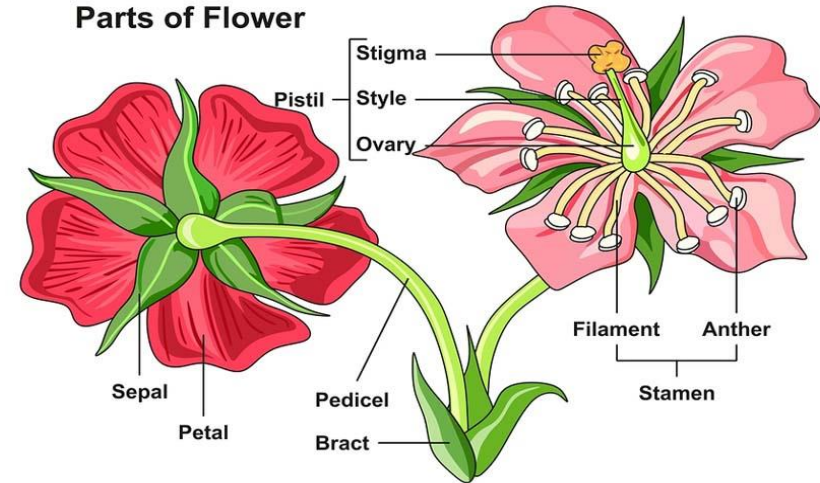
**Habitat:** Rocky woods or banks and disturbed grounds along roadsides

# All About Flowers



Plants require Soil, Sun, and Water for development and growth of their beautiful flowers

## Parts of Flower

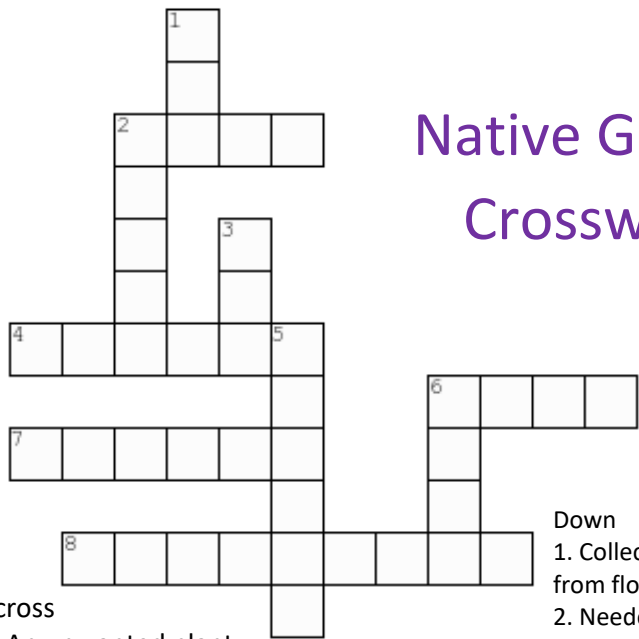


Though many flowers vary in appearance, most contain similar features including the Pistil, the Stamen, and Petal, which all help in reproduction.

Did you know?

Did you know that many wildflowers are edible and can even be healthy for you? For example, the Black Eyed-Susan has been made into tea to treat colds, sores, and earaches. But remember- always ask an adult before eating anything you find outdoors.





## Native Garden Crossword

Across

2. An unwanted plant
4. The season when plants begin to grow
6. What every plant starts out as
7. The part of a plant with colorful parts to attract pollinators
8. A type of pollinator, eg. Monarch

Down

1. Collects nectar and pollen from flowers
2. Needed for a plants thirst and growth
3. Needed for plant growth and warmth
5. An area of land to plant flowers and vegetables
6. Where roots grow



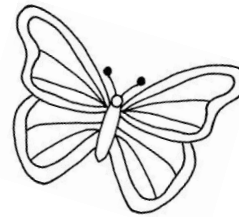
These 10 words are hidden in the word scramble. Find and circle them.

Pollinator  
Botanist  
Bird  
Seeds  
Wildflower  
Garden  
Farm  
Rare  
Weed  
Weed  
Butterfly

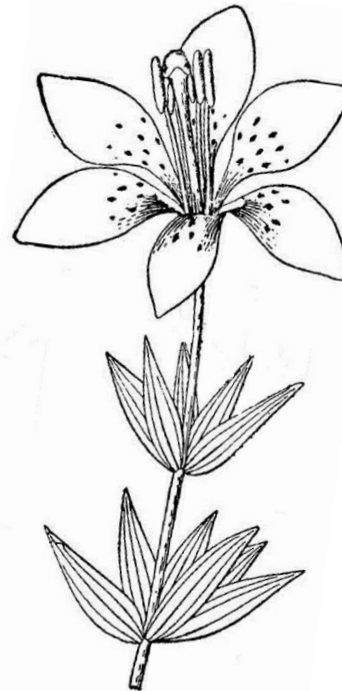
After Completing the Wildflower Word Search, look at the leftover letters to spell "wildflowers will improve your life by making you smile."

W	I	P	L	D	F	L	O	W	E
R	B	O	T	A	N	I	S	T	B
S	W	L	I	L	L	I	M	S	I
W	I	L	D	F	L	O	W	E	R
P	R	I	O	A	V	W	E	E	D
E	Y	N	O	R	A	R	E	D	U
R	L	A	I	M	F	E	B	S	Y
B	U	T	T	E	R	F	L	Y	M
A	K	O	I	N	G	Y	O	U	S
G	A	R	D	E	N	M	I	L	E

Color the wildflowers to attract the pollinators!



Wood Lily



Black Eyed Susan



Common Milkweed





## Gardening at Home

Try planting your own native plant garden! Here are some tips to insure your garden is suited for your habitat and acts as a pollinator friendly space.

-Plant a variety of wildflowers. It's important to have varying bloom times, different types of nectar available, and a variety of species present to insure all pollinators have the correct food available at their time of need. With many pollinators identifying food sources by color and scent, it's important to have multiple options present.

-Avoid pesticides. As native plants are adapted to the landscape already, they will do a good job of naturally keeping away pests and weeds, along with enduring various weather conditions including periods of drought. If needed, try to apply chemical treatment at night, when pollinators are less active.

-Plant large patches of each species for efficiency in pollination.

-Avoid over tending. Small piles of branches and plant material are useful for visiting pollinators when it comes to habitat.

-Try to select native species instead of hybrid flowers. Many hybrid and commercially grown flowers focus on the visual aspect of the bloom instead of the quality of nectar, pollen, and fragrance, which are important for pollinators.



**Tickseed** (*Coreopsis lanceolata*) This showy native species has branching stems at the base and often forms sizable colonies along roadsides and in old fields.

**Flowers:** July- September

**Habitat:** Sandy, rocky soils or disturbed areas. Considered common on sand dunes along Lake Michigan and Huron



**Rough Blazing Star** (*Liatris aspera*) Only relic prairie populations remain on the forest. Stiff stem with bracts of flowers near the top of the stem.

**Flowers:** August- September

**Habitat:** Dry, open places



**Columbine** (*Aquilegia canadensis*) Scarlet flowers with a yellow center and long protruding stamens. This plant is pollinated by hummingbirds.

**Flowers:** June- July

**Habitat:** Associated with deciduous and mixed woods, along roadsides, river banks or clearing edges



**Cutleaf Coneflower** (*Rudbeckia laciniata*) Tall plant with yellow or greenish, drooping ray flowers. Our native coneflower. Sometimes can reach heights of 6-8 feet.

**Flowers:** July-August

**Habitat:** Wet habitat along riverbanks, floodplains, and lowlands.