



MINTS, THISTLES & GOLDENRODS Great Garden Plants?

Many native plants, like mints, asters, goldenrods, thistles, and milkweed have bad reputations as aggressive in gardens. But these are big groups of plants, many species do great in gardens while supporting monarchs and other wildlife.

Great Garden Plant: Butterfly Weed



Milkweed

Common milkweed (while great for monarchs) can be aggressive in small gardens. Try these well-behaved milkweeds instead.



Red Milkweed



Watch out for these

Try these

Mints

Unlike invasive mints, many native mints (below right) aren't aggressive and provide nectar to monarchs.

Invasive: Spearmint



Horsemint



Great Choice: Downy Woodmint

Aggressive: Canada Goldenrod



Goldenrod

Canada goldenrod is very aggressive and can take over, but many other goldenrods are well-behaved.

Typically, goldenrods don't cause allergies- instead blame ragweed.

Pollinator powerhouse: Showy Goldenrod



Old Field Goldenrod



Invasive: Canada Thistle



Thistles

Invasive thistles (left) give all thistles a bad reputation.

Native thistles are important nectar sources and hosts for butterflies and moths.

Butterfly Bonanza: Field Thistle



Give one of these misunderstood native plants a chance by checking them out at your local Safe for Monarchs nursery. Found here: wimonarchs.org/safe.