

LAKE MANITOBA PLAIN ECOZONE

# Help bring butterflies home to your garden

Native wildflowers are adapted to local climate and soils and require less care and watering once established. They provide sugar-filled nectar and protein-rich pollen for beneficial insects like local butterflies and wild bees. This regional native plant list includes wildflowers for the *Lake Manitoba Plain ecozone*, which includes: **Winnipeg, Portage La Prairie, Emerson and Dauphin.** Always try to find local sources for native plants.



Common Yarrow



Prairie Fleabane



Blanket Flower



Wild Bergamot



Stiff Goldenrod



Common Name	Botanical Name	Height	Flower Colour	Flower Season	Sun	Soil	Pollinators	Butterfly Host Plant
Common Yarrow	Achillea Millefolium	Less than 1m	White to pink	April – Oct	Sun to partial shade	Dry	Bees	X
Canada Anemone	Anemone Canadensis	Less than 1m	White to cream	April – Aug	Sun, partial shade to shade	Normal to moist	Bees	
Showy Milkweed	Asclepias Speciosa	1m	White to pink	June – Aug	Sun	Moist	Bees, butterflies	X
Bastard Toadflax	Comandra Umbellata	Less than 1m	White to cream	April – June	Sun	Dry	Butterflies	X
Fireweed	Epilobium Angustifolium	1-1.5m	Pink	June – Sept	Sun	Moist	Bees	
Prairie Fleabane	Erigeron Strigosus	Less than 1m	White to pink	April – May	Sun	Well drained	Bees, butterflies	
Joe Pye Weed	Eutrochium Maculatum	0.6-1.8m	Purple, pink	July – Sept	Sun to partial shade	Normal to wet	Bees, butterflies, hummingbirds	
Blanket Flower	Gaillardia Aristata	Less than 1m	Yellow, red	July – Aug	Sun	Dry to normal	Butterflies	
Prairie Smoke	Geum Triflorum	Less than 1m	Purple, pink	May – June	Sun to partial shade	Dry	Bees, butterflies	
Hairy Golden Aster	Heterotheca Villosa	Less than 1m	Yellow	July – Oct	Sun	Dry	Small bees, flies, butterflies	
Wild Bergamot	Monarda Fistulosa	Less than 2m	Pink-purple	May – Aug	Sun to partial shade	Dry to moist	Bees, butterflies, hummingbirds	
Lilac-Flowered Beardtongue	Penstemon Gracilis	Less than 1m	Purple	May – June	Partial shade	Moist	Bees, hummingbirds	
Prairie Buttercup	Ranunculus Rhomboideus	Less than 1m	Yellow	April – May	Sun	Dry	Bumblebees	
Stiff Goldenrod	Solidago Rigida	1-2m	Yellow	Aug – Sept	Sun	Normal	Butterflies	
Smooth Blue Aster	Symphotrichum Laeve	1m	Purple	Aug – Sept	Sun to partial shade	Well drained to moist	Bees	X