

LAKE ERIE LOWLANDS 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 Erie Lowlands ecozone*, which includes: **Toronto, Mississauga, Hamilton, Niagara Falls, St. Catherine's, London, Sarnia and Windsor.** Always try to find local sources for native plants.



Canada Goldenrod



Cardinal Flower



Golden Alexanders



New England Aster



Spotted Joe Pye Weed



Common Name	Botanical Name	Height	Flower Colour	Flower Season	Sun	Soil	Pollinators	Butterfly Host Plant
Bee Balm	Monarda Didyma	1-2m	Scarlet red	July – Sept	Sun to partial shade	Moist to wet	Hummingbirds, butterflies, bees	X
Canada Goldenrod	Solidago Canadensis	0.3-1.2m	Yellow, orange	July – Oct	Sun to partial shade	Dry, well drained	Butterflies, bees	
Cardinal Flower	Lobelia Cardinalis	0.6-1.2m	Red	July – Sept	Sun to partial shade	Moist to wet, well drained	Hummingbirds, butterflies, bees	
Golden Alexanders	Zizia Aurea	up to 1m	Yellow	May – July	Sun to partial sun	Moist to wet	Flies, bees	X
Heart-leaf Aster	Symphotrichum Cordifolium	1-2m	White to purple	June – Aug	Sun	Moist	Bees, butterflies, flies	
Heath Aster	Symphotrichum Ericoides	0.30-0.90m	White, cream	Aug – Oct	Sun	Dry to moist, well drained	Butterflies, bees	X
Hoary Vervain	Verbena Stricta	less than 1m	Purple	July – Sept	Sun	Dry, drained to sandy	Bees, butterflies	X
New England Aster	Symphotrichum Novae-angliae	up to 1m	Purple	Sept – Oct	Sun to partial shade	Moist, well drained	Bees, butterflies, flies	
Sneezeweed	Helenium Autumnale	1-1.5m	Yellow, brow	July – Sept	Sun to partial shade	Moist to wet	Bees, wasps, flies, butterflies	X
Spotted Joe Pye Weed	Eutrochium Maculatum	0.6-1.8m	Purple, pink	July – Sept	Sun to partial shade	Moist to wet, well drained	Butterflies, bees	
Swamp Milkweed	Asclepias Incarnata	0.3-1.5m	Purple, pink	June – Aug	Sun	Moist to wet	Butterflies, bees	X
Virginia Creeper	Parthenocissus Quinquefolia	15m+	Greenish white	May - June	Sun to shade	Dry to moist	Bees, flies	X
Wild Bergamot	Monarda Fistulosa	0.6-1.2m	Purple, pink	June – Aug	Sun	Dry to moist, well drained	Hummingbirds, butterflies, bees	X
Wild Blue Iris	Iris Versicolor	0.60-0.90m	Blue, purple	May – Aug	Sun to partial shade	Moist to wet	Hummingbirds, bees	
Wild Columbine	Aquilegia Canadensis	0.3-0.9m	Yellow, red	April – July	Sun to partial shade	Dry to moist, well drained	Hummingbirds, butterflies, bees	X