

# How to Help Our Western Monarch

In the last 20 years, monarch butterflies have faced significant declines at important overwintering sites along the California coast.



## HOW WE CAN HELP

### 1 Go Pesticide-Free

Pesticides are lethal to monarch butterflies

### 2 Plant Nectar Sources

Please plant these native plants:

- California Bush Sunflower (*Encelia californica*)
- Yarrow (*Achillea millefolium*)
- Coyote Bush (*Baccharis pilularis*)

### 3 Plant Native Milkweed

Please plant these native milkweeds:

- Narrow Leaf Milkweed (*Asclepias fascicularis*)
- California Milkweed (*Asclepias californica*)

Please don't plant non-native milkweed! Data shows that it can spread disease to monarchs. (e.g. Tropical Milkweed, *Asclepias curassavica*)



Look for this sticker when shopping for plants!



Visit [www.fws.gov/savethemonarch](http://www.fws.gov/savethemonarch) to learn more!

