

Children's Garden Club  
Volume # 17 Sheet 6  
June 4<sup>th</sup> 2016  
Butterfly / Pollinator Gardening  
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Welcome to the June Meeting of the Children's Garden Club.

Welcome back to Sherwood Forest Nursery & Garden Center.

Hope to see you next month July 09<sup>th</sup> for Fun in the Garden @ Chesterfield Valley Nursery – 16825 N. Outer Road .

Today we have a multi of things for you to do. With David and his staff, 1<sup>st</sup> the all popular summer Container Garden ( with Butterfly / Pollinator friendly plants ). A Project Pollinator Culinary Tour, and making a entry For the Dog and Blooms project ... for The Advanced Standard Flower Friday June 10, - 12, 2016 - @ the Dog Museum in Queeny Park

Many of you are aware of the Monarch Butterfly Concerns and what we did discussed last year and at our March meeting when we did the Cool Weather Annuals Containers.

Join in with our Project Pollinator – a Collaboration of St. Louis County Parks

and The Sophia M. Sachs Butterfly House – MBG. Together we can learn about our Pollinator Café Sherwood - ABC Pollinator Pantry Provider (Appetizer, Banquet and Condiments) plants will help improve the health of our native pollinators and the Monarchs by increasing nectar sources, pollen sources, and places for reproduction ( such as butterfly host plants). Together we all can set our Goal to educate the public about the importance of Butterfly, Pollinators and Native plants and other useful plants for Us All. As you know we are always looking for Fun & Creative ways to Educate and Learn about Plants-Gardening and Horticulture with hands on projects.

Before we get started Mary Ann and Doug would like to present the 1<sup>st</sup> Pollinator Pro ( Professional ) C.E.O ( Chief Example for Others ) for 2016 To David Sherwood

Today we will be planting concentrating our efforts toward you building your - *Butterfly Container Garden*- for Sun or Shade, have fun creating your own Container Garden ! I assume you noticed that Sherwood's has beautiful flowering Annuals, Perennials, Vegetables, Herbs, all that can also think about for your home landscape or buy the plants needed to reproduce what You like for your Home, in our St. Louis Climate . Enjoy !

Join us in touring the 3 large raised Planters , the 2 wooden draught's and the 4 large round containers in " Caf'e Sherwood " Culinary tour .

Here is the plant list/ menu of what is being served currently at Caf'e Sherwood!

Variegated stonecrop sedum, penstemon digitalis foxglove beard tongue, meteor yellow Echinacea, liatris spicata alba, lantana, clary sage, dianthus firewitch, agastache kudos mandarin, bee balm fireball, lavender phenomenal, centaurea montana, Lemon verbena, annual salvia, pentas, Bradbury's monarda, orange asclepias tuberosa, Pale purple Echinacea native, annual zinnia, Buddleia bicolor, Arizona red shades gaillardia, Giles van hees veronica, bicolor explosion veronica, electric blue penstemon, red velvet yarrow, mini brown-eyed susan rudbeckia, ellagance lavender, scabiosa vivid violet, crimson red papaver, snow lady leucanthemum, blue cardinal flower lobelia, Pineapple sage, petunia annual, asclepias silky gold, lotus vine, agastache tango, Gailardia Arizona apricot, annual calibrachoa, lightning bug coreopsis, Bronze fennel, Milkweed pink asclepias, and hello yellow asclepias tuberosa.

We Invite You to - a I Spy Culinary - ( ? Exclusion , Field Trip , \_\_\_\_\_ )

Find 10 these plants from the plant list above - and a Bonus Point to get a Certificate Find a Host plant that is perennial , and has feathery , lacy foliage what am I \_\_\_\_\_

1. Orange, or Yelloo asclepias tuberosa - where am I \_\_\_\_\_
2. Lemon verbena - where am I \_\_\_\_\_
3. Echinacea, - where am I \_\_\_\_\_
4. ellagance lavender - where am I \_\_\_\_\_
5. pentas - where am I \_\_\_\_\_
6. monarda - Where am I \_\_\_\_\_

7. scabiosa vivid violet - where am I \_\_\_\_\_
8. bee balm - where am I \_\_\_\_\_
9. rudbeckia - where a where am I \_\_\_\_\_
10. asclepias silky gold - where am I \_\_\_\_\_



Danita Delimont/Gallo Images/Getty Images

Pentas are semi-tropical shrubs grown as annuals that seem to be tailor-made for Butterflies. The nectar-rich flowers grow in clusters over a long blooming season in the vibrant red, pink, and purple shades that act as a butterfly beacon. Bees like them too, so consider adding this plant to a landscape space you want buzzing with activity.

The genus *Penta*, species *lanceolata*, belongs to the *Rubiaceae* family. You may see pentas described on plant tags by the common names star flower, Egyptian star flower, or star cluster. You can grow pentas anywhere as an annual; in growing zones 9 and warmer the plants may even perennialize.

The average height of pentas is 24-36 inches, but plants that perennialize in frost free zones may reach four feet tall or greater. The dark green foliage of penta plants is slightly fuzzy, and the five-petaled blossoms grow in 3-inch clusters similar to other butterfly favorites like sedum, lantana.

*Lantana* is a genus of about 150 species of perennial flowering plants in the verbena family, Verbenaceae. They are native to tropical regions of the Americas and Africa but exist as an introduced species in numerous areas, especially in the Australian-Pacific region. The genus includes both herbaceous plants and shrubs growing to 0.5–2 m (1.6–6.6 ft) tall. Their common names are **shrub verbenas** or **lantanas**. The generic name originated in Late Latin, where it refers to the unrelated *Viburnum lantana*.<sup>[2]</sup>

Lantana's aromatic [flower](#) clusters (called [umbels](#)) are a mix of red, orange, yellow, or blue and white [florets](#). Other colors exist as new varieties are being selected. The flowers typically change color as they mature, resulting in [inflorescences](#) that are two- or three-colored.

The spread of lantana is aided by the conditions that their leaves are poisonous to most animals and thus avoided by herbivores, while their

## *Asclepias tuberosa*

Common Name: butterfly weed

Type: Herbaceous perennial

Family: Apocynaceae

Native Range: Eastern and southern United States

Zone: 3 to 9

Height: 1.00 to 2.50 feet

Spread: 1.00 to 1.50 feet

Bloom Time: June to August

Bloom Description: Yellow/orange

Sun: Full sun

Water: Dry to medium

Maintenance: Low

Suggested Use: Naturalize, Rain Garden

Flower: Showy

Attracts: Butterflies

Tolerate: Deer, Drought, Erosion, Dry Soil, Shallow-Rocky Soil

Species Native to Missouri



## **Common Milkweed (*Asclepias syriaca*)**

Butterflies love the nectar and Monarchs love the foliage of the Common Milkweed. This is one of the most common Milkweeds and is native to the eastern part of North America. This Milkweed produces soft whitish purple cluster of flowers. This perennial plant can reach up to six feet tall. It loves well drained sandy/loamy soils and full sun to partial shade. It usually

blooms from June to August. It works great with several specimens planted together in a butterfly garden. A must-have for all!

## Culture

Easily grown in average, dry to medium, well-drained soils in full sun. Drought tolerant. Does well in poor, dry soils. New growth tends to emerge late in the spring. Plants are easily grown from seed, but are somewhat slow to establish and may take 2-3 years to produce flowers. Mature plants may freely self-seed in the landscape if seed pods are not removed prior to splitting open. Butterfly weed does not transplant well due to its deep taproot, and is probably best left undisturbed once established.

## Noteworthy Characteristics

Butterfly weed is a tuberous rooted, Missouri native perennial which occurs in dry/rocky open woods, glades, prairies, fields and roadsides throughout the State (Steyermark). It typically grows in a clump to 1-3' tall and features clusters (umbels) of bright orange to yellow-orange flowers atop upright to reclining, hairy stems with narrow, lance-shaped leaves. Unlike many of the other milkweeds, this species does not have milky-sapped stems. Flowers give way to prominent, spindle-shaped seed pods (3-6" long) which split open when ripe releasing numerous silky-tailed seeds for dispersal by the wind. Seed pods are valued in dried flower arrangements. Long bloom period from late spring throughout the summer. Flowers are a nectar source for many butterflies and leaves are a food source for monarch butterfly larvae (caterpillars). Also commonly called pleurisy root in reference to a prior medicinal use of the plant roots to treat lung inflammations.

## Problems

No serious insect or disease problems. Crown rot can be a problem in wet, poorly drained soils. Susceptible to rust and leaf spot.

## Garden Uses

Butterfly gardens, meadows, prairies, or naturalized/native plant areas. Also effective in sunny borders. Whether massing plants in large drifts or sprinkling them throughout a prairie or meadow, butterfly weed is one of our showiest native wildflowers.



**Asclepias curassavica 'Silky Deep Red' - Red Butterflyweed**



### Habit and Cultural Information

Category: Perennial  
Family: Asclepiadaceae (Milkweeds)  
Origin: South America  
Red/Purple Foliage: Yes  
Flower Color: Red  
Bloomtime: Summer  
Height: 3-4 feet  
Width: 2-3 feet  
Exposure: Sun or Shade  
Deer Tolerant: Yes  
Irrigation ([H2O Info](#)): Medium Water Needs  
Winter Hardiness: 10-15° F  
May be Poisonous ([More Info](#)): Yes

### [2nd Image]

*Asclepias curassavica* 'Silky Deep Red' (Red Butterflyweed) - This is a darker red-flowered form of the typically orange and yellow Butterfly Weed, also known as Tropical Milkweed, a tender perennial prized for attracting butterflies, particularly the Monarch Butterfly, into the garden. Growing 3-4 feet tall by as wide this plant has narrow 6 inch long dark green lance-shaped leaves with a reddish hue on new growth. The flowers, appearing in late spring to late fall, are on long stems bearing 3 to 4 inch long clusters of deep red and yellow flowers that like others in this family not only have a calyx row of 5 sepals and above this the corolla of 5 petals but also an additional of appendages covering the stamens called a corona. On this cultivar the petals are dark red and the corona a bright yellow. The flowers are followed by 3 inch long spindle-shaped seedpods that produce viable seed - this plant readily self-seeds to perpetuate itself within the garden. Plant in full sun in a well-drained soil and give occasional to regular irrigation. Although tender to frost this plant is root hardy to at least 15 F. Mulch if gardening in climates experiencing harder frosts or keep in a container that can be brought indoors in colder climates. A good plant mixed with other tall perennials and the long stems are excellent for cutting. Cut back in the fall after all caterpillars are gone but be wary of the milky sap, which can cause irritation and injury to eyes and is poisonous if ingested. An excellent butterfly nectar plant and attracts Monarch butterflies as an egg laying host as it is the sole food source for Monarch caterpillars (don't remove those fantastic large-horned, black and yellow-striped caterpillars). This species is native to South America but has become a naturalized weed in tropical and subtropical pastures, fields and disturbed areas throughout the world, including central and southern Florida. The name for the genus was one that Carl Linnaeus ascribed after Asclepius (Asklepios), the Greek god of medicine and healing because of the many folk-medicinal uses for the milkweed plants. The specific epithet means of Curacao (Dutch Antilles) in reference to its origin from this South American location. Other common names include Hierba de la Cucaracha, Mexican Butterfly-weed, Scarlet milkweed, and Wild Ipecacuanha. We also grow the all golden form called 'Silky Gold'. This description is based on our research and the observations we have made of this plant as it grows in containers at our nursery, in our own garden and in other gardens. We also appreciate receiving feedback of any kind from those who have additional information about this plant, particularly if they disagree with what we have written or if they have additional cultural tips that would aid others in growing *Asclepias* c. 'Silky Deep Red'.



[2nd Image]

### Habit and Cultural Information

Category: Perennial  
Family: Asclepiadaceae (Milkweeds)  
Origin: South America  
Flower Color: Golden  
Bloomtime: Summer  
Height: 3-4 feet  
Width: 2-3 feet  
Exposure: Sun or Shade  
Deer Tolerant: Yes  
Irrigation ([H2O Info](#)): Medium Water Needs  
Winter Hardiness: 10-15° F  
May be Poisonous ([More Info](#)): Yes

*Asclepias curassavica* 'Silky Gold' (Golden Butterflyweed) - This is an all yellow form of the typically orange and yellow Butterfly Weed, also known as Tropical Milkweed, a tender perennial is prized for attracting butterflies, particularly the Monarch Butterfly, into the garden. Growing 3-4 feet tall by as wide this plant has narrow 6 inch long yellow-green lance-shaped leaves. The flowers, appearing in late spring to late fall, are on long stems bearing 3 to 4 inch long clusters of golden-yellow flowers that like others in this family not only have a calyx row of 5 sepals and above this the corolla of 5 petals but also an additional of appendages covering the stamens called a corona. On this cultivar all of the petals and corona are a deep golden yellow. The flowers are followed by 3 inch long spindle-shaped seedpods that produces viable seed - this plant readily self-seeds to perpetuate itself within the garden. Plant in full sun in a well-drained soil and give occasional to regular irrigation. Although tender to frost this plant is root hardy to at least 15 F. Mulch if gardening in climates experiencing harder frosts or keep in a container that can be brought indoors in colder climates. A good plant mixed with other tall perennials and the long stems are excellent for cutting. Cut back in the fall after all caterpillars are gone but be wary of the milky sap, which can cause irritation and injury to eyes and is poisonous if ingested. An excellent butterfly nectar plant and attracts Monarch butterflies as an egg laying host as it is the sole food source for Monarch caterpillars (don't remove those fantastic large-horned, black and yellow-striped caterpillars). This species is native to South America but has become a naturalized weed in tropical and subtropical pastures, fields and disturbed areas throughout the world, including central and southern Florida. The name for the genus was one that Carl Linnaeus ascribed after Asclepius (Asklepios), the Greek god of medicine and healing because of the many folk-medicinal uses for the milkweed plants. The specific epithet means of Curacao (Dutch Antilles) in reference to its origin from this South American location. Other common names include Hierba de la Cucaracha, Mexican Butterfly-weed, Scarlet milkweed, and Wild Ipecacuanha. We also grow the red and golden form called 'Silky Deep Red'. This description is based on our research and the observations we have made of this plant as it grows in containers at our nursery, in our own garden and in other gardens. We also appreciate receiving feedback of any kind from those who have additional information about this plant, particularly if they disagree with what we have written or if they have additional cultural tips that would aid others in growing *Asclepias* 'Silky Gold'.

MYTH: The best way to get more butterflies in my yard is to plant plenty of nectar flowers.

TRUTH: It's true that to nectar-seeking butterflies, the more flowers, the better. But it's even more important to think ahead. Yes, they'll show up at any yard for nectar, but those butterflies dancing over the daisies need a place to lay their eggs. Supply host plants tailored to the tastes of the caterpillars, and you will enjoy more butterflies for years to come.

Butterfly Host Plants are important when you create your butterfly garden to provide a site for the butterfly to lay eggs and also food source for the emerging caterpillar. **Be prepared for heavy munching on your host plants!**

Because tiny caterpillars cannot travel far to find their own food, the female butterfly locates and lays her eggs on only the type of plant that the caterpillar can use as food. Most species of caterpillars are particular about the type of plants they can eat. If the egg was not placed on the correct plant, the caterpillar hatching from that egg will not survive. Many gardeners do not like to see plants in their gardens that have been chewed on by bugs. To avoid this, you may want to locate your butterfly host plants in areas that are not highly visible, but still a short distance from the butterfly nectar plants. If you do not provide host plants, you will have fewer butterflies.

It takes more than nectar to increase the variety of species in your garden. Learn about butterfly host plants and which ones to choose.





**Dill** (*Anethum graveolens*) is an annual herb in the celery family Apiaceae.

Dill is a biennial herb often grown as an annual. Sow dill in the garden as early as 2 to 3 weeks before the average date of the last frost in spring. Dill will reseed itself readily so plant in a spot where you can allow dill to grow for several years. Dill can be started indoors 4 to 6 weeks before transplanting to the garden, but is most easily grown in place

Dill grows up to 40–60 cm (16–24 in), with slender hollow stems and alternate, finely divided, softly delicate leaves 10–20 cm (3.9–7.9 in) long. The ultimate leaf divisions are 1–2 mm (0.039–0.079 in) broad, slightly broader than the similar leaves of fennel, which are threadlike, less than 1 mm (0.039 in) broad, but harder in texture. The flowers are white to yellow, in small umbels 2–9 cm (0.79–3.54 in) diameter. The seeds are 4–5 mm (0.16–0.20 in) long and 1 mm (0.039 in) thick, and straight to slightly curved with a longitudinally ridged surface.

Grow one or two dill plants per household. Dill easily reseeds itself.

Plant dill in full sun; dill will tolerate light shade but will not grow as bushy. Dill grows best in well-drained soil rich in organic matter. Add aged compost to the planting bed in advance of planting. Dill prefers a soil pH of 5.5 to 6.7.

Fresh and dried dill leaves (sometimes called "dill weed" to distinguish it from dill seed) are widely used as herbs in Europe and central Asia.

Like caraway, the fernlike leaves of dill are aromatic and are used to flavor many foods such as gravlax (cured salmon) and other fish dishes, borscht and other soups, as well as pickles (where the dill flower is sometimes used). Dill is best when used fresh as it loses its flavor rapidly if dried; however, freeze-dried dill leaves retain their flavor relatively well for a few months.

Dill seed, having a flavor similar to caraway but also resembling that of fresh or dried dill weed,<sup>[8]</sup> is used as a spice. Dill oil is extracted from the leaves, stems and seeds of the plant. The oil from the seeds is distilled and used in the manufacturing of soaps.<sup>[9]</sup>

Dill is the eponymous ingredient in dill pickles: cucumbers preserved in salty brine and/or vinegar.

Plant it and they will come. Believe it or not, it really is that simple when it comes to butterfly host plants. Scatter dill seeds among your lovely pink cosmos, and soon you'll see swallowtails. Plant a patch of milkweed, and you're bound to get monarchs. Got an out-of-the-way corner for nettles? Get ready to welcome red admirals. Butterfly gardening truly is this easy, but it's often confusing. Myths about butterfly plants abound, so let's set the story straight.

Some know parsley only as an attractive leaf garnish that's ignored, not eaten. It's true that parsley leaves are an attractive plant with small, scalloped leaves, but it has more than a pretty appearance. It's an annual herb thought to have originated in southeastern Europe or western Asia, now grown in gardens throughout the world.

There are two basic parsley types: one with curly, crinkly leaves and the more familiar Italian parsley, which is flat. The latter is hardier for withstanding cold in Northern or Midwest gardens



[Enlarge](#)

## Parsley (*Petroselinum crispum*)

Parsley is a biennial plant with bright green feathery foliage. It has a mound-like shape and grows about 1 foot tall by two feet wide.

Parsley prefers a slightly acid soil, full to part sun and well drained soil. This plant does best at temperatures between 50 to 70 degrees and it tends to suffer in humid and hot conditions with temperatures that are frequently over 90 degrees.

Since parsley can be dug up and brought indoors during the winter, it makes a great houseplant that provides culinary use as garnish and seasoning. Easily grown by seed, parsley is a nice addition to use as a border plant in flower beds and perennial gardens.

**Attracts:** [Anise Swallowtail](#), [Black Swallowtail](#), and more

Parsley is a popular culinary and medicinal herb recognized as one of the functional food for its unique antioxidants, and disease preventing properties. This wonderful, fragrant rich biennial herb is native to the Mediterranean region. This leafy herb belongs to the *Apiaceae* family, in the genus; *Petroselinum*. Its botanical name is **Petroselinum crispum**.

The herb is a small plant featuring dark-green leaves that resemble [coriander](#) leaves, especially in the flat-leaf variety. However, its leaves are larger by size and milder in flavor than that of leaf-coriander. The herb is widely employed in Mediterranean, East European, and American cuisine.



There exist several cultivars of parsley growing across the Europe. **Italian** or **flat leaf-parsley** (*Petroselinum crispum neapolitanum*) is popular around Mediterranean countries, and has rather more intense flavor than **curley leaf** parsley.

## Health benefits of Parsley

- Parsley is one of less calorific herb. 100 g of fresh leaves carry just 36 calories. Additionally, its leaves carry zero cholesterol and fat, but rich in anti-oxidants, vitamins, minerals, and dietary fiber. Altogether, the herb helps in controlling blood-cholesterol, and may offer protection from free radical mediated injury and cancers.
- Parsley contains health benefiting essential volatile oils that include *myristicin*, *limonene*, *eugenol*, and *alpha-thujene*.
- The essential oil, **Eugenol**, present in this herb has been in therapeutic application in dentistry as a local anesthetic and anti-septic agent for teeth and gum diseases. *Eugenol* has also been found to reduce blood sugar levels among diabetics; however, further detailed studies required to establish its role.
- Parsley is rich in poly-phenolic flavonoid antioxidants, including *apiin*, *apigenin*, *crisoeriol*, and *luteolin*; and has been rated as one of the plant sources with quality antioxidant activities. Total

ORAC value, which measures the anti-oxidant strength of 100 g of fresh, raw parsley, is 1301  $\mu\text{mol TE}$  (Trolox equivalents).

- The herb is a good source of minerals like **potassium**, calcium, manganese, iron, and magnesium. 100 g fresh herb provides 554 mg or 12% of daily-required levels of potassium. Potassium is the chief component of cell and body fluids that helps control heart rate and blood pressure by countering pressing effects of sodium. Iron is essential for the production of heme, which is an important oxygen-carrying component inside the red blood cells. Manganese is used by the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*.
- Additionally, the herb is also rich in many antioxidant vitamins, including **vitamin-A**, beta-carotene, **vitamin-C**, vitamin-E, *zea-xanthin*, *lutein*, and *cryptoxanthin*. The herb is an excellent source of vitamin-K and folates. Zea-xanthin helps prevent age-related macular degeneration (ARMD) in the retina (eye) in the aged population through its anti-oxidant and ultra-violet light filtering functions.
- Fresh herb leaves are also rich in many essential vitamins such as pantothenic acid (vitamin B-5), riboflavin (vitamin B-2), niacin (vitamin B-3), pyridoxine (vitamin B-6) and thiamin (vitamin B-1). These vitamins play a vital role in carbohydrate, fat and protein metabolism by acting as co-enzymes inside the human body.
- It is, perhaps, the richest herbal source for vitamin K; provide 1640  $\mu\text{g}$  or 1366% of recommended daily intake. Vitamin K has been found to have the potential role in bone health by promoting osteotrophic activity in the bones. It has also established role in the treatment of Alzheimer's disease patients through limiting neuronal damage in their brain.

Wonderful! Humble parsley has just 36 calories/100 g, but their phyto-nutrients profile is no less than any high-calorie food sources

More and More the public is beginning the learn about our Missouri Natural Heritage of going back to Native Gardening!... When you grow a Native Garden Butterflies come Naturally... If you do not wish to go Totally Native thinking you getting to Wild you can still plant your garden – landscape to attract butterflies. A butterfly garden can range from a large plot of land to a 5' by 10' strip near a walkway, to a window box or a container garden. Since butterflies tend to be more active in the sun, large open sunny areas are an important factor for the garden. Some protection from the wind is also necessary and this can be provided by planting some shrubby plants as Buddleia. It is important to provide plants on which the butterflies will be able to lay their eggs and that the caterpillars can feed upon. Thistles, Passion Flower, Spice Bush, and Nasturtium are a few.

The most important step you can take is to plant a pollinator-friendly garden. Choose nectar and pollen-rich plants like wildflowers and old-fashioned varieties of flowers. A succession of blooming annuals, perennials and shrubs is best so nectar and pollen will be available throughout the growing season. Also, include plants like dill, fennel and milkweed that butterfly larvae feed on.

A pollinator gardens in your neighborhood, can provide enough habitat to restore healthy communities of beneficial insects and pollinators.

### **Butterfly Garden Necessities**

**Plant native flowering plants** - Because many butterflies and native flowering plants have co-evolved over time and depend on each other for survival and reproduction, it is particularly important to install native flowering plants local to your geographic area. Native plants provide butterflies with the nectar or foliage they need as adults and caterpillars. The Lady Bird Johnson Wildflower Center has lists of recommended native plants by region and state. These natives will be in your landscape for years to come .

Container Gardening offers a fresh, unique approach to freewheeling innovation design. Consider when planting how the plant/s will grow in the container being aware of the height and trailing options. Container gardening provides convenient solution to many enhancements to the landscape or interior decoration of softening harsh surfaces of walls, overhangs, define walkways, street lamp post and fill an empty corner.

This brings us to the point to consider the location and what you wish to accomplish and growing conditions (sun – shade). Think about the strength / structure, wind, and how close the nearest water, and the convenience of the location for you.

Estimate Sun – Shade – and Wind – Remember different plants require varying amounts of sun, shade, heat so you need to choose the location before you choose the plants. Also check to see that it isn't exposed to potential extreme heat or strong winds. Walls and fences, particularly those painted a light color, can reflect the sun's ray's and greatly increase their intensity, even burning or wilting specimens that tolerate direct sunlight. Locations not protected by fences and walls may be subject to winds that will rapidly dry out a plant and possibly disturb or break stems or even knock plant down. Try to avoid location where the hanging plant would be out of the way of traffic or block a view. Be considerate of water dripping from baskets and drainage holes onto or patio/terrace were water or stains could become a factor even outdoors or if indoors consider the carpet.

Consider the larger – upright plants for the center of the pot/container for there attractive foliage or magnificent blossoms. Choose anything you personally

like color, texture, boldness, which is your personal taste. Generally, Plants with long trailing stem are a favorite for the edge/border of the container/garden, but always feel free to experiment and be creative.

To attract beneficial wildlife to your backyard you need to provide the basic necessities of life – water, food and shelter. Carefully selected plantings can provide food, cover and places to raise young.

Butterflies go wherever they please always adding brilliant color and movement to their surroundings. The role of the butterfly is important to our natural world. Butterfly-watching ranks high among our outdoor pleasures.

Once you have noticed and enjoy the butterflies in your garden and wish to attract a bigger population to you area the biggest step is to be sure to choose a SUNNY location / site out of the wind were possible. All their activities are oriented around the Sun. Butterflies not only use the sun to navigate but also use but also sue food plants that grow in full sun. They use the Sun to Increase their body temperature, which is necessary for a strong flight. Butterflies are active on Sunny day and inactive on cloudy days

Flowers with Multiple florets or with broad petals furnish butterflies with necessary landing pads where they can rest and sip nectar as well as pollinate the plants. When you decide what plants to plant a mix of annuals or perennials will work best for you or what you like best from the list of butterfly loving plants. Remember however that perennials do not require replanting each year – were as annuals do but annuals bloom all summer so the mix I a good idea . Annuals such as Marigolds , Zinnias, Pentas, Lantana are great... Perennials - such as #1 Buddleia , Astere, Black-eyed susan , Purple cone flower, Phlox, Verbena, and refer to the chart in back.... A water poddle is very important very swallow of sand and pebbles is a key factor also ....

A visit to the Butterfly House at St. Louis County's Faust Park. at the Butterfly House 15193 Olive Blvd. , Chesterfiled, Mo. Is always very enjoyable with Educational events always happening and the displays in the hallways are Awesome . [www.butterflyhouse.org](http://www.butterflyhouse.org)

To attract beneficial wildlife to your backyard you need to provide the basic necessities of life – water, food and shelter. Carefully selected plantings can provide food, cover and places to raise young.

**Butterfly Gardening** - Color attracts more color with a butterfly garden.

One of the great joys of having a garden is the extra benefits such as wildlife and one of the best benefits are butterflies.

On a sunny summer day it is fun when the garden comes alive with the colors and colorful movements of the butterflies. The butterflies can be called fun-flowers in motion with the bright spots of orange, red, yellow, blue, purple, etc. You can experience it more if you choose the right plants to attract even more butterflies.

Butterflies, members of the order *lepidoptera* along with the more numerous moths, often are more beautiful than the flowers they visit. You can attract butterflies in your garden by including plants that serve as breeding and feeding grounds for adult butterflies and the larvae or caterpillars.

In some cases, the same plants will serve both adults and larvae. For instance, milkweeds serve as a nectar source for monarch butterflies and as a favorite food for the monarch larvae. Monarchs, probably the best-known butterfly, are famous for their fall migration when large flocks fly south to Mexico.

There are almost 700 species of butterflies in North America and nearly 200 have been identified in Missouri. A good guidebook to butterflies will come in handy as you develop plantings to attract these colorful living jewels. When reading about butterflies, you will soon discover that details are now known about the life cycles of many species. Opportunities for amateur naturalists to make valuable contributions are very real.

## **Life Cycle**

Butterflies are true insects that go through four distinct stages in their life cycle. First is the egg, which the adult butterfly tries to lay on the larvae's favorite food. When the larva or caterpillar hatches, it feeds voraciously increasing greatly in size. It is at this larval stage that some species – tomato hornworm, corn earworm, fall webworm, to name a few – can be destructive pests.

Once the larva reaches a certain size, it metamorphoses into a pupa or chrysalis. Inside the hard waxy pupa, the transformation of the many legged larva

into the six-legged adult insect or imago takes place. Many butterflies hibernate in the pupae stage.

Once the metamorphosis is complete, the chrysalis cracks open and the new butterfly pulls itself free. The wings are small and shriveled at first, but as the butterfly slowly fans the wings, pumping body fluids into the veins, the wings expand and stiffen. With scarcely a practice stroke, the butterfly launches itself into the air, already flying in search of nectar or a mate.

What are their needs? Namely fragrant nectar filled flowers in all the major garden categories: annuals, perennials, shrubs, trees, grasses and herbs. Not surprisingly, wild plants are the best, since these are the ones the insects find in their natural environments. Since butterflies do like a more natural, unmanicured garden, you may be glad to have an excuse not to do as much tidying as you normally would. On the other hand, it is possible to construct a butterfly garden that is civilized – even elegant – and one that you will enjoy as much as they will.

A sunny site is essential, both for the plants and for the butterflies. Besides being out of the wind, the plants should be in good soil with adequate drainage, that have flowers in bloom throughout the growing season.

If you could choose but one plant for your butterfly garden, it would have to be the butterfly plant (*Asclepias tuberosa*) which attracts a great variety of butterflies. Native to this region and easy to grow, the butterfly weed has a long, summer blooming period and makes an excellent addition to any perennial garden.

As you can see, the list of attractor plants for butterfly gardening is extensive, including a wide variety of perennials. It's perfectly possible to have perennial or mixed garden beds and borders that serve the landscape handsomely and in addition, attract butterflies.

Remember that butterflies grow from larvae that may be unattractive, even repulsive, to some people. Think carefully before destroying those caterpillars that feed on the foliage of favorite plants.

Below are listed some flowering plants that you could add to your garden.

Brightly colored butterflies can be a welcome addition to your backyard. To attract the greatest number of butterflies and have them become residents of your backyard, you will need to have plants that serve all the needs of all life stages of



the butterfly. They need a place to lay eggs, food plants for the larva (caterpillar), and a place to form a chrysalis and provide nectar sources for the adult butterflies.

Adults in search of nectar are attracted to red, yellow, orange, pink or purple blossoms that are flat-topped or clustered and have short flower tubes which allow the butterflies to reach the nectar with their proboscis. Nectar producing plants grown in open, sunny areas do best, as adults rarely feed on plants in the shade.

A butterfly garden can range from a large plot of land to a 5' by 10' strip near a walkway, to a window box or a container garden. Since butterflies tend to be more active in the sun, large open sunny areas are an important factor for the garden. Some protection from the wind is also necessary and this can be provided by planting some shrubby plants as Buddleia. It is important to provide plants on which the butterflies will be able to lay their eggs and that the caterpillars can feed upon. Thistle, Passion Flower, Spice Bush, Nasturtium are a few.

Butterflies cannot drink directly from open water so it is a good idea to create "puddles" of moist sand or mulch. Placing a few rocks or sticks in the "puddle" allows the butterflies to perch and drink. Rocks also provide a place where butterflies can bask to store body heat from the sun.

### **Butterfly Facts:**

Over 700 species of butterflies are found in North America but very few are agricultural pests.

Adult butterflies range in size from the half inch pigmy blue found in southern California, to the giant female Queen Alexandra's birdwing of New Guinea, which measures about 10 inches from wing tip to wing tip.

Butterfly tarsi or "feet" possess a sense similar to taste: contact with sweet liquids such as nectar causes the proboscis to uncoil.

Millions of shinglelike, overlapping scales give butterfly wings their colors and patterns. Metallic, iridescent hues come from faceted scales that refract light, solidly colors are from pigmented scales.

During the time from hatching to pupating (forming the pupa or chrysalis), the caterpillar may increase its body size more than 30,000 times.

The Chrysalises or pupas of many common gossamer wings – a group of butterflies which includes blues, hairstreaks and elfins- are capable of producing weak sounds. By flexing and rubbing together body segment membranes, sounds are generated which may frighten off small predators and parasites.

***Buddleia* The English Butterfly Series™:  
ADONIS BLUE™, PEACOCK™ and PURPLE EMPEROR™**

*Buddleia davidii* ‘Adokeep’, ‘Peakeep’ and ‘Pyrkeep’

**Introduction Date:** Spring '04 to growers

**Hardiness:** USDA Zone 5 –  
treat like a perennial in the north

**Bloom Time:** Mid-summer to fall

**Bloom Color:** ADONIS BLUE™ - blue,  
PEACOCK™- rich pink,  
PURPLE EMPEROR™ - royal purple

**Foliage Color:** grey-green

**Size:** 4-5 feet tall, 3-4 feet wide

**Exposure:** Full sun

**Soil:** Adaptable to many soils



Finally, colorful *buddleia* varieties that won't crowd their neighbors! These three new cultivars were developed in England, and are just now making their way across the Atlantic. Roughly a third the size of other butterfly bush varieties, the English Butterfly Series™ plants are extra bushy and loaded with colorful flowers.

ADONIS BLUE™ has deep blue flowers of good size and with a delightful fragrance. You will find that Adonis Blue has a more horizontal form, tending to be wider than it is all. PEACOCK™ has rich pink blooms, and is distinct in that the flowers radiate outward from the plant like almost like rockets. The flowers on PEACOCK™ are also the largest of three easily reaching 12-14 inches in length.

The compact size of these new cultivars is perfect for smaller gardens and the mixed border. They can also be used as a container plant in milder climates. Unlike older varieties, these cultivars will not overwhelm the landscape, and never develop the weedy, unkempt habit so typical of butterfly bush. Now even gardeners with limited space can attract butterflies and hummingbirds to their garden w **Plant native flowering plants** - Natives - along with annuals - Natives -Because many butterflies and native flowering plants have co-evolved over time and depend on each other for survival and reproduction, it is particularly important to install native flowering plants local to your geographic area. Native plants provide butterflies with the nectar or foliage they need as adults and caterpillars. Natives will be in your landscape for years to come.

Container Gardening of Annuals offers a fresh, unique approach to freewheeling innovation design. Consider when planting how the plant/s will grow in the container being aware of the height and trailing options. Container gardening provides convenient solution to many enhancements to the landscape or interior decoration of softening harsh surfaces of walls, overhangs, define walkways, street lamp post and fill an empty corner.

Estimate Sun – Shade – and Wind – Remember different plants require varying amounts of sun, shade, heat so you need to choose the location before you choose the plants. Also check to see that it isn't exposed to potential extreme heat or strong winds. Walls and fences, particularly those painted a light color, can reflect the sun's ray's and greatly increase their intensity, even burning or wilting specimens that tolerate direct sunlight. Locations not protected by fences and walls may be subject to winds that will rapidly dry out a plant and possibly disturb or break stems or even knock plant down. Try to avoid location where the hanging plant would be out of the way of traffic or block a view.

Annual flowers will grace your garden with instant beauty and Color which bloom, set seed, and die in a single growing season, perennials – Natives are more permanent plants. Some are short-lived, surviving only two or three growing seasons. But most are long-lived, thriving for decades. Some are evergreen. Many, however, are herbaceous, which means that their foliage goes dormant and dies down to the ground (usually in fall), but reappears the next spring.

Some Gardens are planted as a living work of art. Some gardens are beautiful just to look at and some are functional. In ground Garden or container can

lend to follow a theme, of a Butterfly, Colonial, Cottage, Fragrance, Moon (night garden), a Children's garden a functional garden or one with a combo vegetable herbs & annuals. Within your garden design and color are two distinct yet inseparable elements of a beautiful and functional garden. Color can complement a garden or detract from it, so a understanding of how design and color function separately and together will help you understand a garden you and other will admire and enjoy.

Getting to know your plants and what they do in the garden can be accomplish with your own personal journal. Included on the next page is the a Garden Journal developed for the Children's Garden Club. Copy extras for your own use as needed. You can use a 3 ring binder or start your own with template on the next page in a spiral notebook. As you read / learn more about your plant/s keep there tags as part of the journal. This will also help you be better organized in you gardening task and things to do list. Know what blooms when and for how long...

July 9<sup>th</sup>, 2016            **Fun in the Garden** - Chesterfield Valley Nursery -16825 N. Outer Rd

August 6<sup>th</sup>, 2016 - **Pollinator Project - Bees** - Greenscape Gardens, 2832 Barrett Station Rd.

September 10<sup>th</sup> ? 2016 **Plant fall color** - Sherwood Forest Nursery & Garden Center ,  
2651 Barrett Station Road

October 1st , 2016      Topic to be decided – For the Garden by Haefner's 6704 Telegraph Rd.

November 5<sup>th</sup> , 2016    **Health and Tea** - Museum of Transportation – Earl C. Lindburg  
Automobile Center , 3015 Barrett Station Rd.

December 3rd, 2016    **Holiday Decorations** -Sherwood Forest Nursery & Garden Center ,  
2651 Barrett Station Road

Our St. Louis Parks & Recreation Activity Guide is now available at a complex or on Line  
[www.stlouisco.com/parks](http://www.stlouisco.com/parks) or Like Us on Face Book “ St. Louis County Parks  
Gardening “