

"Super-Plants" that work well for the Canadian and US curriculum:

1. Common Milkweed (*Asclepias syriaca*)

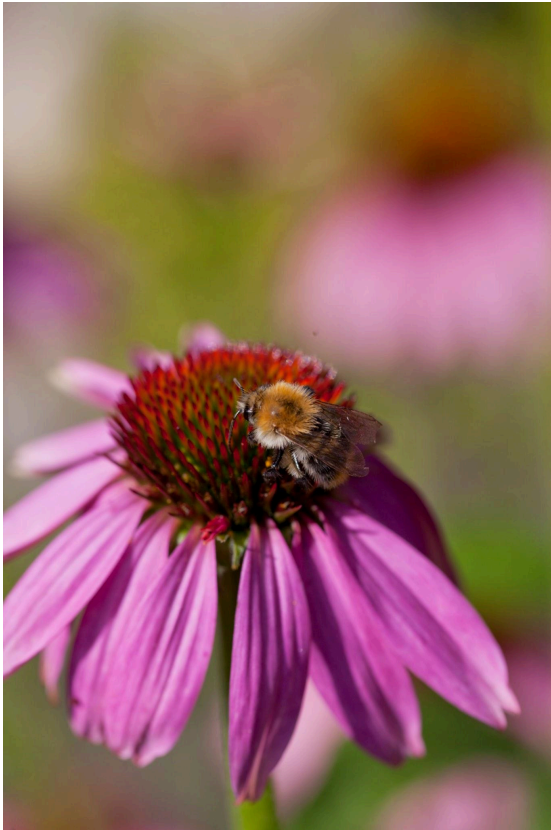
This is the ultimate "Super-Plant" because it is the **only food source** for the Monarch butterfly caterpillar.



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2. Purple Coneflower (*Echinacea purpurea*)

This is a versatile "Super-Plant" widely native across Eastern and Central North America. It provides excellent **nectar for bees and butterflies** and its seeds feed birds in the fall.



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3. Goldenrod (Solidago)

This "Super-Plant" is crucial because it blooms late in the season, providing a final, vital source of **nectar for bees and migrating Monarchs** before winter. It is native to most of North America.



You can print these three images and use them as your **"Super-Plant" cards** during the **Elaborate** section (Step 3) of your lesson.