

# Milkweeds and Monarchs

Tips for Establishing a Butterfly Garden. *John Garner, Retired Teacher*

## Simple Steps for Starting Milkweed from Seed

1. Shake the seeds in a container with sand to scar the seed. 2. Add a small amount of water. 3. Leave in the refrigerator 2-4 weeks or more. 4. When removed from the refrigerator the seeds should sprout. 5. Plant the seeds up to the first knuckle (1/2 inch) deep. 6. This may be done inside or outside when the weather warms.

## 7 Simple Steps for Fall Planting Milkweed

1. Pick an area to plant the seeds. Plants can get 4-5 feet high. 2. Clear away any mulch or rocks from the area, which could potentially block the growth of a small seedling. 3. Water the area thoroughly and let it saturate the soil. 4. Plant seeds up to your first knuckle (1/2 inch) deep. 5. Plant seeds 1 per hole 1-2 feet apart and cover the seeds with the moist soil. 6. Cover with straw or leaf mulch and mark the area. 7. Relax for the winter.

Send results to: [johnnymilkweedseed@gmail.com](mailto:johnnymilkweedseed@gmail.com) or [johngailgarner@gmail.com](mailto:johngailgarner@gmail.com)

## How to Make Seed Balls An earth-friendly project every household should try.

By [Jean Nick](#) December 15, 2014 [http://www.rodalewellness.com/living-well/seed-balls?cid=isynd\\_OG\\_1214](http://www.rodalewellness.com/living-well/seed-balls?cid=isynd_OG_1214)

Ingredients: Cheap unscented clay kitty litter, compost or organic seed-starting mix and seed you want to plant.

1. Mix 5 parts dry, granulated clay(unused kitty litter)(I use a blender to powder the kitty litter) and 1+ part fine compost or a good organic seed-starting mix.
2. Stir, adding water a little at a time to make a uniform mud patty dough.
3. Form the dough into rough balls, about the size of a golf ball or a little bigger and poke a hole with a pencil or a stick into the middle to make a little well.
4. Wash and dry your hands and drop 2 or maybe three of the seeds of your choice(all the same type) into the wells.
5. Gently squeeze into a ball then let the balls dry until the balls are hard.
6. Plant the seeds by setting the seed bombs where you want the plants to grow or lob the seed bombs over fences, into abandoned lots, into an established garden, along highways and stream banks. Seed bombs are a sensible method for planting without digging or tilling the soil.
7. You may also mix the seeds in at the beginning.

**Ecologic Nursery**  
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**Save Our Monarchs**  
P.O. Box 390135  
Minneapolis, MN 55439  
Swamp Milkweed Packets  
1 Free or 75/\$25

Prairie Moon Nursery  
32115 Prairie Lane  
Winona, MN 55987  
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**Putnam County Families in  
Nature(Facebook)**  
<https://www.facebook.com/groups/1488501924793982/>

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Monarch Watch /Shop  
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**Waystation Certification Application  
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**Butterfly Lady** <https://www.facebook.com/MyButterflyLady/>  
**There are many butterfly and monarch sites on Facebook.**

**2017 Nature Play Days June 10-18th!**

<http://www.indianachildrenandnature.org/nature-play-days.html>

**ICAN** <http://www.indianachildrenandnature.org/>

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**2017 Conference** <http://www.eeai.org/>

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**"I LOAF AND I INVITE MY SOUL," SANG THE POET WALT WHITMAN.**

The art of loafing is drifting and opening yourself to the inflow of peace and tranquility. It is relaxing the tension of your body with the music of the singing streams that live in your memory. It is slowing down to look at a flower, to chat with a friend, to pat a dog, to read a few lines from a book. Just as rests and pauses are part of great music, so are they also a part of great living.

"Every child should have mud pies, grasshoppers, water bugs, tadpoles, frogs, mud turtles, elderberries, wild strawberries, acorns, chestnuts, trees to climb. Brooks to wade, water lilies, woodchucks, bats, bees, butterflies, various animals to pet, hayfields, pine-cones, rocks to roll, sand, snakes, huckleberries and hornets; and any child who has been deprived of these has been deprived of the best part of education." Luther Burbank

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