



Nokomis East Neighborhood Association

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FOR IMMEDIATE RELEASE

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Help Monarchs Soar!

Milkweed for Monarchs

Learn How to Collect and Plant Milkweed



Monarch Caterpillar and Monarch Butterfly Refueling on Rose Milkweed

The Nokomis East Neighborhood Association is offering our 1st **Milkweed for Monarchs Workshop** on Saturday, October 10th from 1- 2pm at the Nokomis Community Center, 2401 East Minnehaha Parkway, Minneapolis. This kid-friendly session offers a wealth of information for both beginning and advanced gardeners. The event is free with a suggested \$5 donation.

This year we celebrated the 7th annual **Grow Monarch Habitat Workshop** and **Minneapolis Monarch Festival**. Through these NENA projects, we have seen the enormous interest and concern for the beloved monarch. Milkweed habitat loss is the main reason monarch populations have declined 90% within a short time. Now there is an unprecedented demand for milkweed seeds and plants. ***No Milkweed = No Monarchs.***

This how-to workshop will provide the information and the milkweed seeds to get you planting this fall (the best time of year to plant). The presentation covers monarch habitat and the role of milkweed, why monarchs need our help, Minnesota milkweeds and what's best for your yard, and how to collect, disperse, and plant seeds. Milkweed seeds of three Minnesota native species will also be available.

The workshop is presented by Vicki Joy Bonk and Nancy Schumacher. Vicki has served as the **Lake Nokomis Naturescape** stewardship leader for 19 years and regularly speaks about the benefits of native plant gardening. Nancy is the owner of the Vagary, a nursery that has grown quality perennials, native plants and herbs since 1985. She often gives workshops related to her nursery expertise and is currently specializing in cultivating plants for monarch habitat. Vicki and Nancy collaborate on the Grow Monarch Habitat Workshops.