



## Falcon Garden Club

### Notes from: Karen Niknami, “The Butterfly Lady”

My notes were sketchy...so here are just a few of the things I jotted down. There are also a couple of PDF files going out with this titled, [Recipe for A Successful Butterfly Garden](#) and [Simple Things You Can Do to Help Butterflies](#). These are copies of handouts that were distributed at the meeting and are filled with great information Ms. Niknami provided us.

#### NOTES:

Karen Niknami is well known throughout this community for her butterfly advocacy work, volunteering with schools educating children and her crystalis adoption programs.

Monarch Butterflies in their caterpillar stage love/eat milkweed. It is not poisonous, even to humans, unless eaten in large quantities. You can obtain “Cinderella” milkweed seed from Wal-Mart or local vendors. In their butterfly stage, they are pollinators and eat nectar. It is this fact that the Butterfly Lady became an advocate for butterflies, and began promoting the non-use of pesticides.

There are many other natural and organic resources available today that we can use in place of poisons and pesticides. For one use, you can try cinnamon to get rid of ants. Ants use their sense of smell to find their way, and the cinnamon will cause them to become confused and run away.

Though all insects have a purpose, and most are good to have in our gardens; you may plant marigolds around your tomato plants if you don't want the Tomato Horn Worms. By the way, the Tomato Horn Worm becomes that moth-looking hummingbird you get excited about until you realize it's not a real hummingbird! Another BTW...moths are pollinators as well.

Tiger Swallow butterflies start showing up in May and trees are their host plants. There are about 700 varieties of butterflies in the United States, and Colorado is only second to Texas for the number of varieties we can see in our state.

The most common we will see in our state is:

- ❖ Morning Cloak
- ❖ Monarch
- ❖ Red Admiral
- ❖ Clouded Sulphur
- ❖ Mournful Owl (a member said they've seen them out here)

The talk ended and Ms. Niknami shared seeds from her garden to help us start our own butterfly gardens. Most of us in the club have many of the recommended plants already thriving out here in the prairie!

Respectfully submitted,

Phyllis Zinn  
Secretary