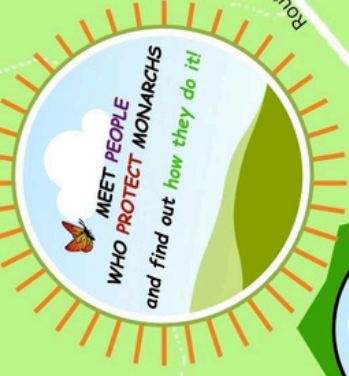


SEE  
**LIVE**  
MONARCHS!

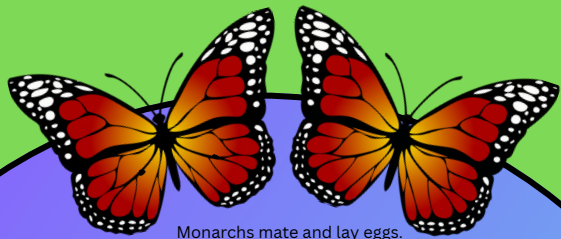


The  
**Monarch**  
and Milkweed  
**Trail**

Tour the Town that Loves Butterflies!  
**INDIAN LAKE NY**



KEY	
	Butterfly Garden
	Raise and Release Site
	Monarch Supporter
	Roadside Pollinator Patch



Monarchs mate and lay eggs.  
Adult Monarchs live about 30 days

Egg - 3-4 days



Caterpillar goes through 5 growth stages  
10-14 days

# Monarch Butterfly Summer Lifecycle

Chrysalis cracks open and a crumpled butterfly ecloses,  
often 5-10 minutes



Chrysalis darkens, colors become visible.  
A few hours

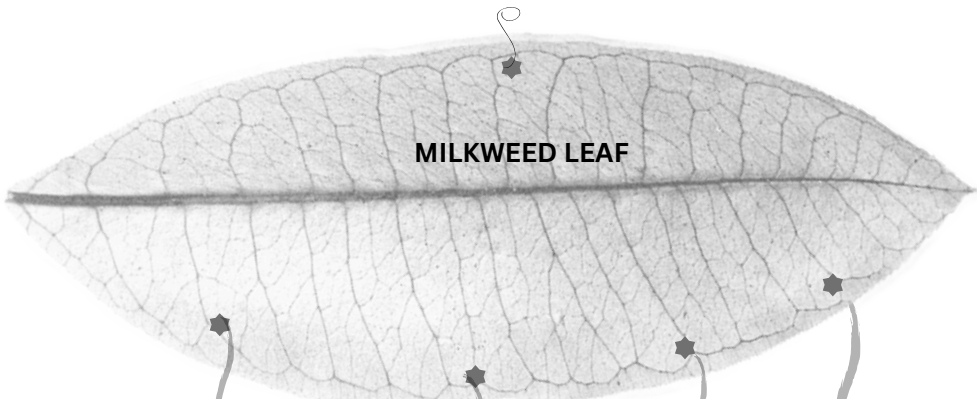


about 30 days

Caterpillar forms a silk "button," makes a J  
and about a day later, suddenly sheds its skin  
and becomes a chrysalis.



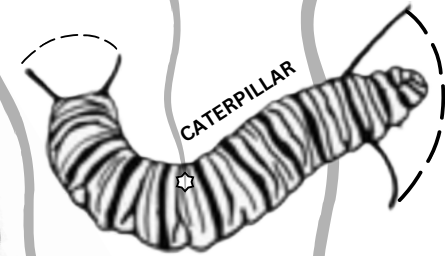
Chrysalis  
10-14 days



MILKWEED LEAF

## MAKE A MONARCH LIFECYCLE MOBILE

1. Watch Monarchs outdoors or at a Raise-and-Release site. Then color each picture with **water based markers**.
2. Put small piece of **clear tape** on each piece, behind each ★.
3. Rub **baby oil** into both sides of each picture with a **cotton ball** until the colors are translucent. (Don't oil the tape.) Wipe excess oil off with a fresh cotton ball.
4. **Cut out** the pieces. (Follow dotted lines to cut around the antennae.)
5. **Punch a hole** through the tape at each ★. Tie a string to each piece.
6. Hang the butterfly, caterpillar, J and chrysalis from the leaf. Hang the mobile where it can catch a breeze.



# MONARCHS AND MILKWEED



IN INDIAN LAKE NY



*The Scenic Overlook, Route 30*

**MONARCH BUTTERFLIES** sip nectar from a variety of wildflowers. But they lay eggs just on milkweed, because milkweed is the only food Monarch caterpillars eat.

**MONARCH CATERPILLARS** – Throughout the summer, Monarchs continue to lay eggs which emerge as caterpillars, then transform into butterflies.



*Community Garden, Benton Road*



**NEW GENERATIONS** – Four or five new generations grow, and the Monarch population builds up. As the caterpillars grow, they eat milkweed day and night.

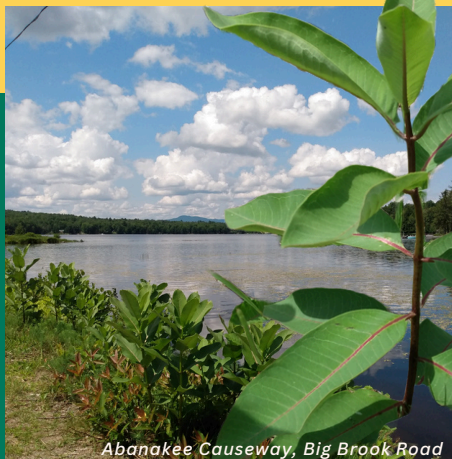
*Milkweed sometimes forms great lush patches, as it does at the Community Garden on Benton Road. It also adapts to harsh conditions like this little patch at Indian Lake Central School, where there was a caterpillar on every leaf.*



*phonography 2023 by pete plumley*

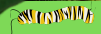
**THE MIGRATION GENERATION** – In the Adirondacks and other northern places, the fall Monarchs don't lay eggs right away. They migrate south to Mexico for the winter, then begin their return north before they lay eggs to start the next generation.

**GOOD FALL HABITAT** increases the size of the Migration Generation. The number of Monarchs that depart Indian Lake and other northern points is one major factor in how many Monarchs there will be the following year.



*Abanakee Causeway, Big Brook Road*

Indian Lake provides critical habitat for Monarchs because we have lots of milkweed.






# MAKE A MONARCH


A BUTTERFLY PUPPET PROJECT





VIDEO INSTRUCTIONS:  
[WWW.SHADOWLANDTHEATRE.CA/HOW-TO-S](http://WWW.SHADOWLANDTHEATRE.CA/HOW-TO-S)

- 1 PRINT TEMPLATE



  - 2 COLOUR WITH WATER-BASED MARKERS



  - 3 TAPE ALONG BODY ON BOTH SIDES WITH CLEAR PACKING TAPE






  - 4 OIL BOTH SIDES OF BUTTERFLY / UNTIL THERE ARE NO OPAQUE PARTS

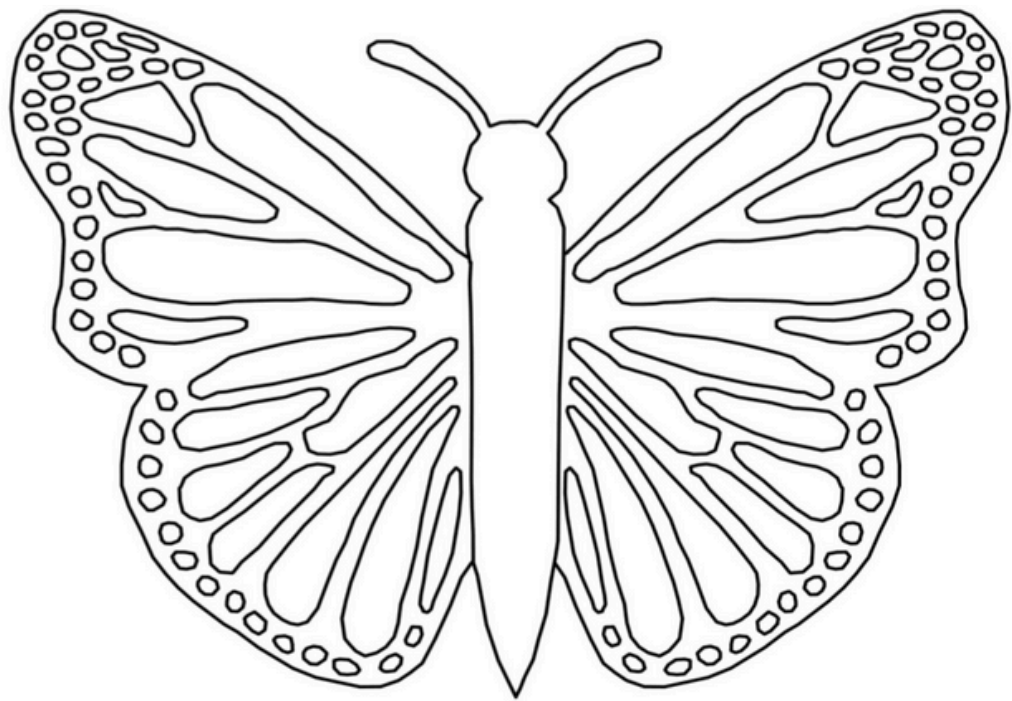


COOKING OIL
  - 5 WIPE OFF EXCESS OIL WITH CLEAN PAPER TOWEL


  - 6 CUT IT OUT


  - 7 USE CLEAR PACKING TAPE TO ATTACH TO A STICK


- OR MAKE TWO HOLES, THREAD STRING OR PIPE CLEANER AND TIE TO WRIST
- 
- OR ATTACH TO A HAIR CLIP AND WEAR ON YOUR HEAD OR CLOTHES
- 
- FLAP AND FLY!
- 



LUMINO  
 FESTIVAL  
 TORONTO

SHADOWLAND  
 Theatre

# Welcome Monarch



## Word Search

G A M B N B K Y F S  
K B F O I E M C L I  
M U U C N F C Z Y P  
H I L T B A R T A R  
M F L K T B R A A P  
A E A K L E Z C S R  
L M W C W Q R U H S  
E A I G H E F F M S  
A L N E H E E O L Y  
F E G E V K W D G Y

butterfly  
nectar  
male

milkweed  
female  
chew

Monarch  
frass  
wing

leaf  
sip  
fly



# Welcome Monarch



## Word Search

M K O L R F F V P H J Z S S M K A Q G M  
M I G R A T E Y R H A N Q X P A G F Z O  
K L T T O W G V E R Z H H U N W E F F N  
Y A N T E N N A E N X K K V G J D W P A  
M A A D U O Y C A S O Q V M L S R X E R  
A F L B U G I H D T S M W P Q R V I F C  
W X C G Q F H F I S G P O I C P V F M H  
E A D A E P R E R C N J V R F Z N X W M  
L E Q A O D Z S O C I V B O E O D D V S  
Q Z X O H A F P N T W D Z X I H X I Z E  
Q Q D O O E Z R D F A I G S M N P E M P  
V E L S H H W M A X K B B G L M A N K C  
Z M M Q L M A W C S U R P J J W I C N E  
Z X G J G M X I K T S G D V D S G N I W  
H Z Q B C Y K S T J U M E J F V A Q G M  
O F E S E C N E Z Z J L Y M Z F Q F M J  
V B X N G Q R A L L I P R E T A C Q W P  
L Z O Q G F E X G D D J J G C O D R O F  
W U N R L N M P A Y R Z J W N N X U J U  
A J K Y M I L K W E E D G I Z F D O W S

ADIRONDACK  
CATERPILLAR  
MIGRATE  
PHEROMONE

ANTENNAE  
EGG  
MILKWEED  
WINGS

BUTTERFLY  
FRASS  
MONARCH  
WINGS



## HOW TO MAKE A BUTTERFLY PUDDLER and attract butterflies to your yard



**A butterfly puddler** is a shallow dish of water where pollinators like butterflies can get a drink. They can't swim, so you give them places to perch, like stones or marbles.

**You can make your own** butterfly puddler with a plant saucer, a pie plate or any shallow non-metallic bowl. Fill the saucer with your pebbles or other materials and add water.



As you see at the left, you can also add sand. Be sure the tops of some of the stones are above the water so the butterflies have a place to stand. If you are using sand, add just enough water to wet the sand.

**Keep the puddler filled, fresh and clean.** In the heat of the summer, add water daily to make up for evaporation. Every few days, clean the bowl and the stones, and rinse the sand to get rid of any debris, growth or dirt. Add fresh water. You can put your puddler on an outdoor table, on the ground in a flower bed, on a stand like a birdbath, or hang it from a tree branch.

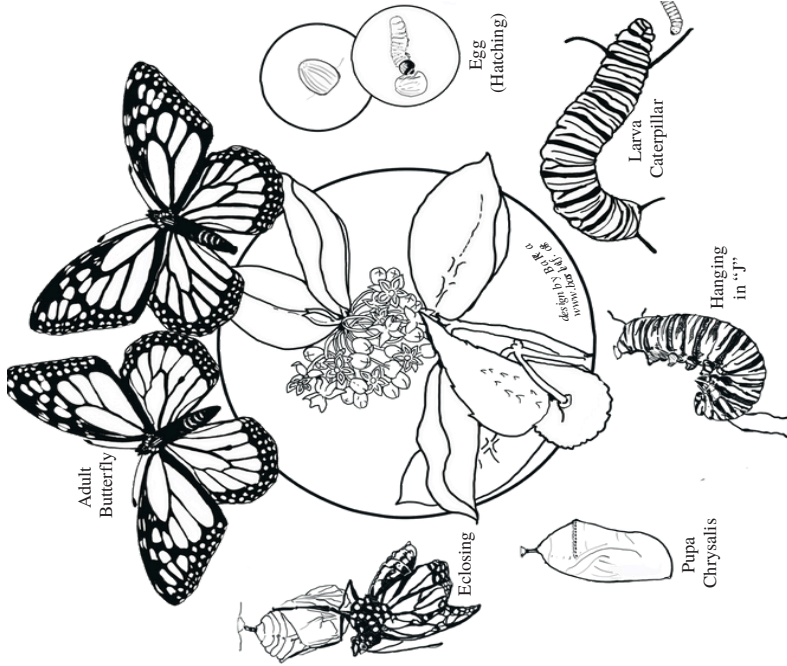




RECORD YOUR OBSERVATIONS HERE.

NAME \_\_\_\_\_

I SAW IT	HOW MANY	DATE
MALE MONARCH (spots on back wings)		
FEMALE MONARCH (no spots)		
EGG		
"EYELASH" (tiny)		
CATERPILLAR		
"FATTIE" (big)		
CATERPILLAR		
CATERPILLAR		
HANGING IN J		
MOLTING INTO		
CHRYSALIS		
CHRYSALIS		
ECLOSING TO		
BUTTERFLY		



METAMORPHOSIS is the change from one stage in the life cycle to the next.

**Use the back of the paper to tell about your experience with Monarch metamorphosis.**

Indian Lake's  
**Monarch and Milkweed in the Media**

Read or Listen on line at NCPR.ORG

[North Country at Work: How Indian Lake fell in love with Monarch butterflies](#)

December 23 2024

[Monarch Magic in Indian Lake](#)

September 25 2023

[Indian Lake's School Garden as a welcome center for Monarch butterflies](#)

September 26 2023

[Indian Lake's Challenge to raise and release Monarch butterflies](#)

September 27 2023



*butterfly*