The Monarch Butterfly - 60-Second - Captioned for the Visually Impaired

MUSIC: "HINTERLAND WHO'S WHO" THEME

ANNOUNCER: (V.O.):

If you were asked to name the first butterfly that came to mind, I bet you'd say the monarch, probably because its beautiful orange, black, and white wings are so memorable.

[Monarch butterflies on flowers and flying around flowers]

But there's more to this little creature than just good looks.

[Monarch butterfly caterpillar walking on leaves. Then a monarch butterfly coming out of a cocoon]

Even though they appear delicate, monarch butterflies undertake the gruelling task of migrating thousands of kilometres to Mexico each year.

[Monarch butterflies flying above water]

To survive the long trip, these butterflies will need to feed on nectar from wild flowering plants. The problem is, some people consider these plants pesky weeds and use herbicides to get rid of them.

How can you help? Look into ways of making your garden butterfly friendly.

[Host in a garden with flowers in her hands]

Try planting butterfly weed, asters, and other flowering plants, and before you know it, many butterflies will be calling your backyard home. But that's just a start.

When you go to hww.ca, you'll find out more about the monarch butterfly, and get ideas on how to help protect Canada's wildlife. That's hww.ca.