



# SWAMP MILKWEED

*Asclepias incarnata*

A stunning perennial with dark pink flower buds that open to pale pink; a pollinator magnet and host plant to monarch butterflies.

## Benefits for Wildlife

- Host plant for monarch and queen caterpillars
- Nectar source for many adult butterfly species and other pollinators

Host to 10 caterpillar species:

(common names) Monarch; Isabella Tiger Moth; Cecropia Silk Moth; Delicate Cynia; Milkweed Tussock Moth; Lined Ruby Tiger Moth; Striped Garden Caterpillar Moth; Fall Armyworm Moth; Hitched Arches; Stalk Borer

## Benefits for People

- Attractive seed pods for late season interest
- If cooked correctly, all parts of the plant are edible
- Deer resistant

## Growing Information

Sunlight	Full sun
Soil Type	Medium to wet soils
Height	4-5'
Width	2-3'
Flowering calendar	July–August

## Natural Habitat

- Swamps and wet meadows

