



photos: Dan Joffe

# 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

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

## Natural Habitat

- Swamps and wet meadows

