



photos: Dan Jaffe

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.

Growing Information

Sunlight Full sun
Soil Type Medium to wet soils
Height 4–5'
Deer resistant
Flowering calendar July–August

Benefits for Wildlife

Leaves Host plant for monarch larvae and 9 other butterflies/moths
Flowers Nectar source for adult monarch butterflies and many other pollinators
Fruit No
Seeds No
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

Natural Habitat

- Swamps and wet meadows

