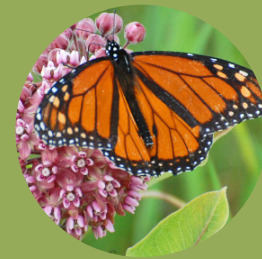


Plant Milkweed for Monarchs

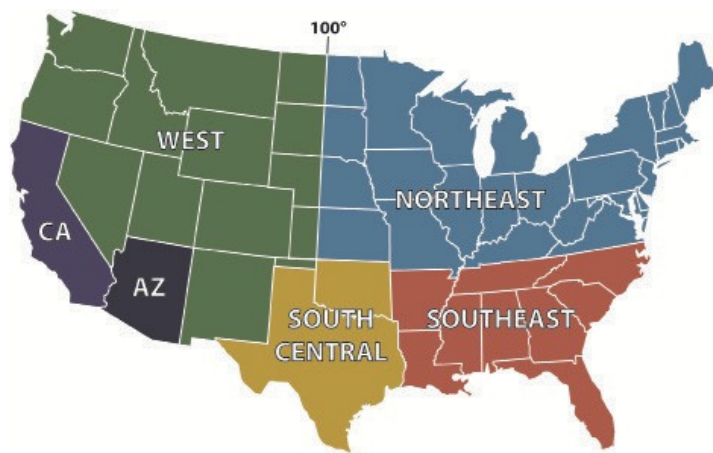


Monarch butterflies depend on milkweed to survive. Monarch caterpillars can only eat milkweed (*Asclepias* spp.), and adult females lay eggs exclusively on these plants. Unfortunately, changing land management practices have significantly reduced milkweed across the landscape.

Planting milkweed is a simple yet powerful way to support monarchs and their migration. It also provides vital food for bees, butterflies, and other pollinators. Many milkweed species are available—those listed here are a great place to start.

Milkweed Regions

There are many native milkweed species in each of the six “Milkweed Regions” shown on this map. The species highlighted are known to be used by monarchs, and are easy to establish. Please try to find plants grown as close as possible to where you’ll be planting them, and from the closest possible seed source.



Northeast Region



Common Milkweed
Asclepias syriaca
Well drained soils.



Butterflyweed
Asclepias tuberosa
Well drained soils.



Swamp Milkweed
Asclepias incarnata
Damp, marshy areas.



Whorled Milkweed
Asclepias verticillata
Prairies and open areas.



Poke Milkweed
Asclepias exaltata
Woodland areas (except in NE, KS, MO, ND & SD).

Southeast Region



Butterfly Weed
Asclepias tuberosa
Well drained soils.



White Milkweed
Asclepias variegata
Thickets and Woodlands.

Photo by Debbie Roos



Aquatic Milkweed
Asclepias perennis
Hydrated soils.

Photo by Joseph Marcus



Whorled Milkweed
Asclepias verticillata
Prairies and open areas.



Sandhill/Pinewoods Milkweed
Asclepias humistrata
For use in some parts of FL. Dry sandy soils.

Western Region



Narrow-Leaf Milkweed

Asclepias fascicularis
Dry climates and plains, except in CO, UT, NM & AZ.



Showy Milkweed

Asclepias speciosa
Savannahs and prairies.

South Central Region



Green Antelopehorn Milkweed

Asclepias viridis
Dry areas and prairies. Also known as green milkweed.



Antelopehorns Milkweed

Asclepias asperula
Desert and sandy areas.



Zizotes Milkweed

Asclepias oenotheroides
Sandy/rocky prairies and fields.

Courtesy Ray Mathews,
Lady Bird Johnson
Wildflower Center

Arizona



Butterfly Weed

Asclepias tuberosa
Well drained soils.



Rush Milkweed

Asclepias subulata
Desert areas.



Antelopehorns Milkweed

Asclepias asperula
Desert and sandy areas.



Arizona Milkweed

Asclepias angustifolia
Riparian areas and canyons.

Photo by Kim Pegram

California



Narrow-Leaf Milkweed

Asclepias fascicularis
Dry climates and plains.



Showy Milkweed

Asclepias speciosa
Savannas and prairies.



California Milkweed

Asclepias californica
Grassy areas.



Desert Milkweed

Asclepias erosa
Desert regions.



Heartleaf Milkweed

Asclepias cordifolia
Rocky slopes.



Woolly Milkweed

Asclepias vestita
Dry deserts and plains.

Photo © 2010 Neal Kramer



Woolly Pod Milkweed

Asclepias eriocarpa
Clay soils and dry areas.

Check out the MJV
Milkweed and Wildflower
Vendor Map to find
milkweed near you



SCAN ME