

Plant Milkweed for Monarchs



Monarchs cannot survive without milkweed. Monarch caterpillars need milkweed plants (*Asclepias* sp.) to grow and develop, and monarch butterflies need milkweed to lay their eggs. With shifting land management practices, we have lost much milkweed from the landscape. **Please plant milkweed to support monarch populations, and their incredible migration!** Planting milkweed is a great way to help other pollinators too, as they provide valuable nectar resources to a diverse suite of bees and butterflies.

We have identified milkweed species common to the regions of the U.S. mapped below that are known to be well-used by monarchs, and easy to establish in gardens and fields. Please use the directory of milkweed vendors to find locally-appropriate plants (see reverse), as well as the species maps to confirm which species are native in your county.

Northeast Region Milkweed Species



Common Milkweed
Asclepias syriaca
Well drained soils.
Photo by Louis-M. Landry



Swamp Milkweed
Asclepias incarnata
Damp, marshy areas.
Photo by Janet Allen



Butterfly Weed
Asclepias tuberosa
Well-drained soils.
Photo by Thomas Muller, Lady Bird Johnson Wildflower Center



Whorled Milkweed
Asclepias verticillata
Prairies and open areas.
Photo © Kim Davis & Mike Stangeland

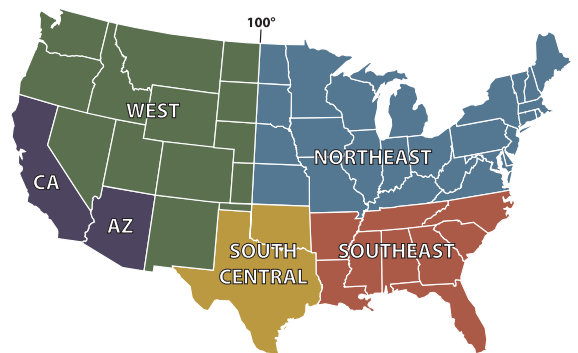


Poke Milkweed
Asclepias exaltata
Woodland areas (except in NE, KS, MO, ND & SD).
Photo by David Smith

Milkweed Regions

Monarch Watch has grouped states by which milkweed species are known to be important for monarchs, to divide the U.S. into six "Milkweed Regions": 1) Northeast, 2) Southeast, 3) South Central, and 4) Western U.S.; 5) California, and 6) Arizona.

There are many other native milkweed species in each of these regions. We have highlighted a few species here that are known to be used by monarchs, and that 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.



Southeast Region Milkweed Species



Butterfly Weed
Asclepias tuberosa
Well-drained soils.
Photo by Thomas Muller, Lady Bird Johnson Wildflower Center



Whorled Milkweed
Asclepias verticillata
Prairies and open areas.
Photo © Kim Davis & Mike Stangeland



White Milkweed
Asclepias variegata
Thickets and woodlands
Photo by Melton Wiggins



Aquatic Milkweed
Asclepias perennis
Hydrated soils.
Photo © Kim Davis & Mike Stangeland



Sandhill/Pinewoods Milkweed
Asclepias humistrata
For use in some regions of FL.
Dry sandy areas and soils.
Photo © Kim Davis & Mike Stangeland

South Central Region Milkweed Species



Green Antelopehorn Milkweed
Asclepias viridis
Dry areas and prairies.
Photo by Harry Cliffe,
Lady Bird Johnson Wildflower Center



Antelopehorn Milkweed
Asclepias asperula
Desert and sandy areas.
Photo by Norman G. Flaigg,
Lady Bird Johnson Wildflower Center



Zizotes Milkweed
Asclepias oenotheroides
Sandy or rocky prairies and fields.
Photo by Jennifer Kleinrichert
Lady Bird Johnson Wildflower Center

Western Region Milkweed Species

NOTE: Excludes California and Arizona; see below for those regions.



Showy Milkweed
Asclepias speciosa
Savannahs and prairies.
Photo by Robert Potts
© California Academy of Sciences



Mexican Whorled Milkweed
Asclepias fascicularis
Dry climates and plains, except
in CO, UT, NM & AZ.
Photo by Christopher Christie

Selecting and Finding Milkweed Plants

We have listed milkweed species, for each region of the U.S., that we know are both valuable to monarchs and easy to establish. While any of these will work well in garden settings, for larger restorations please use species that are native in your county, and plant materials sourced as locally as possible. You can find this information, together with a directory of native plant vendors that we know sell milkweed plants and / or seeds, on our website:

www.plantmilkweed.org

California Milkweed Species



Mexican Whorled Milkweed
Asclepias fascicularis
Dry climates and plains.
Photo by Christopher Christie



Showy Milkweed
Asclepias speciosa
Savannahs and prairies.
Photo by Robert Potts
© California Academy of Sciences



Desert Milkweed
Asclepias erosa
Desert regions.
Photo by Christopher Christie



California Milkweed
Asclepias californica
Grassy areas.
Photo by Christopher Christie



Heartleaf Milkweed
Asclepias cordifolia
Rocky slopes.
Photo by Dee E. Warenycia



Woolly Milkweed
Asclepias vestita
Dry deserts and plains.
Photo by © 2010 Neal Kramer



Woolly Pod Milkweed
Asclepias eriocarpa
Clay soils and dry areas.
Photo by Br. Alfred Brousseau, St. Mary's College

For More Information, Please Contact:

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Arizona Milkweed Species



Butterfly Weed
Asclepias tuberosa
Well-drained soils.
Photo by Thomas Muller, Lady Bird Johnson Wildflower Center



Antelopehorn Milkweed
Asclepias asperula
Desert and sandy areas.
Photo by Norman G. Flaigg, Lady Bird Johnson Wildflower Center



Rush Milkweed
Asclepias subulata
Desert areas.
Photo by Sally and Andy Wasowski, Lady Bird Johnson Wildflower Center



Arizona Milkweed
Asclepias angustifolia
Riparian areas and canyons
Photo by Morris Family



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