

Swamp Milkweed



This native perennial is a highly useful, important plant. As with other milkweeds, it is the host for the Monarch Butterfly as well as the Queen butterfly. It is an important nectar source for many butterflies, bees, and hummingbirds. The flowers are also showy and fragrant. The young shoots, leaves and seedpods are all edible when cooked. This plant has a long history of medicinal use. Swamp Milkweed is highly deer resistant. The stems can be utilized to make a strong twine or rope. The fibre from the seed heads is said to be 6 times more buoyant than cork and 5 times warmer than wool. It is highly useful for stuffing pillows and life-jackets.

**NATIVE TO EASTERN
UNITED STATES**

Asclepias incarnata

- Hardiness: Zone 3-9
- Size: 2-5'
- Flower: Clusters of pink flowers in June and July
- Culture: Prefers full sun and a well drained soil. Tolerates a range of soil conditions especially wet and partial shade
- Uses: Naturalizing, rain garden, wetland, sunny border, stream/pond banks, wet areas, showy, fragrant, butterflies, bees, hummingbirds, medicinal, edible, deer resistant, twine or rope, stuffing in pillows and lifejackets, oil, wax, latex