

Help spread flowers that are native to the North Eastern United States!  
Whether you plant them in your garden or in a field, along the road or in a pot on your balcony, you will be doing Mother Nature a favor.

**Butterfly Milkweed** is very attractive to many species of bees and butterflies that are native to our area and feed on the nectar. Monarch butterflies depend on Milkweed for their very existence!

If you choose to sow these seeds in the wild, try to follow the instructions to some degree to enhance the chances that the seeds will take.

**Contents: Butterfly Milkweed**  
(*Asclepias tuberosa* L.)

Plant in fall, or in spring after cold stratification (see instructions inside)

1" deep

Keep moist during germination

Tolerates drought once established

Prefers well-drained sandy soils and full sun.

Thin to 15"-18" apart.



# Butterfly M

**Butterfly Milkweed**, also known as Pleurisy root, is a member of the Milkweed family, which is the only food source for Monarch caterpillars. Monarchs depend on milkweed for their survival, but many other insects love this plant as well. Butterflies from Eastern Tiger Swallowtails to the smallest skippers, Carpenter bees and Bumble bees all feed on the nectar of the sweet scented flowers, and help with pollination. Milkweed Tussock Moth and Red Milkweed Beetle feed on the leaves. Oleander Aphids love milkweed, and in turn provide food for ants and other insects. Milkweed bugs are eaten by beetles, wasps, spiders and Praying Mantises, which in turn are eaten by birds. Birds such as the Northern Oriole use the strong fibers in the stem for building their nests, and others such as the Goldfinch use the fluff from the seeds to line their nests.

The Latin name for Milkweed refers to the Greek god of medicine. Native Americans and early settlers used Milkweed for food, medicine, and fiber in basketry and cordage. The sap is used to treat warts, ringworm, gall- and kidney stones. An extract of the roots of Butterfly milkweed is used to treat respiratory disorders. Butterfly Milkweed does not contain the sticky sap, but Milkweed can be bitter and poisonous if not prepared well.

Milkweed fluff is used like goose down for stuffing pillows, comforters and vests, and can be spun with other fibers to provide gloss.

Butterfly weed seeds need a cold stratification period. Sowing the seeds directly in the spring may work, if the winter has had a decent cold period. To stratify the seeds, place them in a paper bag full of moist peat moss, seal the bag and refrigerate them for 4-6 weeks. This process is called moist stratification. Sow the seeds directly in the spring after stratification. Choose a sunny spot that receives full sun. Milkweed tolerates poor soil. Plant the seeds on the surface of the soil and cover them with a 1-inch layer of soil. Keep watering the seeds until you are sowing the seed. Once the seedlings are thin the seedlings to 15-20 cm apart, and allow natural