The Monarch Joint Venture is a partnership of federal and state agencies, non-governmental organizations, and academic programs that are working together to protect the monarch migration across the lower 48 United States.

PARTNERS
U.S. Forest Service
U.S. Fish and Wildlife Service
Iowa Department of Natural Resources
Natural Resource Conservation Service
Cibolo Nature Center
Monarch Alert
Monarch Butterfly Fund
Monarchs in the Classroom
Monarch Watch
North American Butterfly Association
Pollinator Partnership
Wild Ones: Native Plants, Natural Landscapes
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Plant Milkweed for Monarchs

Monarchs cannot survive without milkweed. Monarch caterpillars need milkweed plants (Asclepias spp.) to grow and develop, and female monarch butterflies only lay their eggs on milkweed. 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 milkweed provides nectar resources to a diverse suite of bees and butterflies.

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

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. Flagg, Lady Bird Johnson Wildflower Center

Zizotes Milkweed
Asclepias oenotheroides
Sandy/rocky prairies and fields.
Photo by Jennifer Kleinrichert

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.
Western Region Milkweed Species

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

**Selecting and Finding Milkweed Plants**

While any of the species listed here can be grown in garden settings, please use species that are native to your county for larger restoration projects. You can find more information about milkweed, together with a directory of native plant vendors that sell milkweed plants and seeds, on our website:

www.plantmilkweed.org

### 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 and Mike Stangeland

### 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. Flagg, 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

### California Milkweed Species

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

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

- **Desert Milkweed**
  *Asclepias crosa*
  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 © 2010 Neal Kramer

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