

Milkweed of California

14 species recorded. USDA zones 5a-11a. Monarch flyway: western. Sow seed outdoors October to December, so the seed uses winter rain.



Showy Milkweed. Dcrjsr. CC BY 4.0. Wikimedia Commons.

Native species

- ☐ **Showy Milkweed**
Asclepias speciosa - 2ft-5ft - pink, rose - May to August - Average/Dry soil
- ☐ **Narrowleaf Milkweed**
Asclepias fascicularis - 2ft-4ft - white, pink, green - May to September - Dry/Average soil
- ☐ **Heartleaf Milkweed**
Asclepias cordifolia - 1ft-3ft - maroon, purple - May to July - Dry soil
- ☐ **California Milkweed**
Asclepias californica - 1ft-3ft - maroon, purple - April to July - Dry soil
- ☐ **Rush Milkweed**
Asclepias subulata - 2ft-6ft - cream, white - nearly year-round in frost-free areas - Dry soil
- ☐ **Woollypod Milkweed**
Asclepias eriocarpa - 2ft-4ft - cream, white - May to August - Dry soil
- ☐ **Desert Milkweed**
Asclepias erosa - 2ft-5ft - cream, yellow - April to September - Dry soil
- ☐ **Whitestem Milkweed**
Asclepias albicans - 3ft-10ft - cream, white - January to May and November to December - Dry soil
- ☐ **Woolly Milkweed**
Asclepias vestita - 1ft-3ft - cream, yellow - April to July - Dry soil
- ☐ **Pallid Milkweed**
Asclepias cryptoceras - 4in-1ft - cream, pink - April to June - Dry soil
- ☐ **Serpentine Milkweed (rare / protected)**
Asclepias solanoana - 4in-10in - cream, pink - May to July - Dry soil

Introduced species

Not native to the United States. Recorded here but better replaced with a native.

- ☐ **Balloon Plant**
Gomphocarpus physocarpus - 3ft-6ft
- ☐ **Tropical Milkweed**
Asclepias curassavica - 2ft-4ft
- ☐ **Giant Milkweed**
Calotropis procera - 6ft-12ft

Notes

Full species accounts, range maps and photographs: <https://milkweedusa.com/states/california/>