

Milkweed of Iowa

16 species recorded. USDA zones 4b-6a. Monarch flyway: eastern. Sow seed outdoors late October to early December.



Swamp Milkweed. Superior National Forest. CC BY 2.0. Wikimed

Native species

- ☐ **Swamp Milkweed**
Asclepias incarnata - 3ft-5ft - pink, rose, white - June to September - Wet/Average soil
- ☐ **Butterfly Weed**
Asclepias tuberosa - 1ft-3ft - orange, yellow, red - May to September - Dry/Average soil
- ☐ **Showy Milkweed**
Asclepias speciosa - 2ft-5ft - pink, rose - May to August - Average/Dry soil
- ☐ **Prairie Milkweed**
Asclepias sullivantii - 2ft-4ft - pink, rose - June to July - Average/Wet soil
- ☐ **Purple Milkweed**
Asclepias purpurascens - 2ft-4ft - purple, magenta - May to July - Average/Dry soil
- ☐ **Poke Milkweed**
Asclepias exaltata - 3ft-6ft - white, green - June to July - Average soil
- ☐ **Common Milkweed**
Asclepias syriaca - 3ft-6ft - pink, mauve, white - June to August - Dry/Average soil
- ☐ **Whorled Milkweed**
Asclepias verticillata - 1ft-2.5ft - white, green - June to September - Dry/Average soil
- ☐ **Clasping Milkweed**
Asclepias amplexicaulis - 1.5ft-3ft - pink, green, mauve - May to July - Dry soil
- ☐ **Fourleaf Milkweed**
Asclepias quadrifolia - 1ft-2ft - pink, white - May to June - Dry/Average soil
- ☐ **Oval-leaf Milkweed**
Asclepias ovalifolia - 8in-1.7ft - white, green - June to July - Dry/Average soil
- ☐ **Green Comet Milkweed**
Asclepias viridiflora - 1ft-3ft - green - May to August - Dry soil
- ☐ **Slimleaf Milkweed**
Asclepias stenophylla - 1.5ft-3.3ft - cream, green - June to August - Dry soil
- ☐ **Tall Green Milkweed**
Asclepias hirtella - 2ft-4ft - green, white - June to August - Dry/Average soil
- ☐ **Mead's Milkweed (rare / protected)**
Asclepias meadii - 1ft-2ft - green, cream - May to June - Average/Dry soil
- ☐ **Woolly Milkweed (rare / protected)**
Asclepias lanuginosa - 4in-1ft - cream, green - May to June - Dry soil

Notes

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