

Milkweed of North Carolina

19 species recorded. USDA zones 5b-8b. Monarch flyway: eastern. Sow seed outdoors November to January.



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
- ☐ **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
- ☐ **Aquatic Milkweed**
Asclepias perennis - 1ft-3ft - white, pink - May to September - Wet soil
- ☐ **Pinewoods Milkweed**
Asclepias humistrata - 8in-2ft - pink, white - March to June - Dry 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
- ☐ **White Milkweed**
Asclepias variegata - 1.5ft-3.5ft - white - May to July - Dry/Average soil
- ☐ **Fewflower Milkweed**
Asclepias lanceolata - 2ft-5ft - orange, red - May to August - Wet soil
- ☐ **Green Comet Milkweed**
Asclepias viridiflora - 1ft-3ft - green - May to August - Dry soil
- ☐ **Red Milkweed**
Asclepias rubra - 2ft-4ft - red, pink - June to July - Wet soil
- ☐ **Carolina Milkweed**
Asclepias cinerea - 1ft-2.5ft - mauve, gray - May to August - Dry soil
- ☐ **Michaux's Milkweed**
Asclepias michauxii - 8in-1.7ft - pink, green - April to July - Dry/Average soil
- ☐ **Largeflower Milkweed**
Asclepias connivens - 1ft-2.5ft - green, white - May to August - Wet/Average soil
- ☐ **Longleaf Milkweed**
Asclepias longifolia - 1ft-2.5ft - green, purple, white - April to July - Wet/Average soil

Introduced species

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

- ☐ **Tropical Milkweed**
Asclepias curassavica - 2ft-4ft
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Notes

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