Asclepias incarnata or Rose Milkweed or Swamp Milkweed

Swamp Milkweed is an herbaceous perennial plant species native to North America. Like most other milkweeds, it has sap containing toxic chemicals, a characteristic that repels certain insects and herbivorous animals. It is found in moist meadows, ditches and pond edges in full sun to part shade. It is also cultivated as a garden plant for its attractive flowers visited by butterflies and other pollinators due to its high production of nectar. At maturity the plant is 3-5’ tall, blooming in July and early August and producing small, fragrant, pink to mauve (sometimes white) colored flowers in rounded umbels.

Swamp Milkweed prefers moisture retentive to damp soils in full sun to partial shade. It is one of the best attractors of the Monarch Butterfly, which nectars on the flower and as a caterpillar feeds on the leaves, flowers and seed pods of the plant. The plant has thick, fleshy, white roots for living in heavy wet soils. It is a desirable and interesting plant for the perennial border.