

BUTTERFLY MILKWEED

Asclepias tuberosa

Butterfly milkweed (*Asclepias tuberosa*) is a perennial with clustered bright orange-yellow flowers that attract many different pollinators. This plant begins putting out new growth in the spring and tends to like dry, sunny areas.

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HISTORY

Fibers from the stems of butterfly milkweed have been found in prehistoric textiles and have been used to make cords and ropes. Some indigenous groups also ate the shoots, stems, and flower buds of this plant after boiling them.



MEDICINAL USES

Some native peoples used the roots of butterfly milkweed to treat wounds as well as bronchial and pulmonary issues while European Americans used the root to treat edema, increase fluid circulation, and stimulate the vagus nerve. This plant has also been traditionally used to treat swelling and rashes, colic, and snakebites.



FUN FACT

Butterfly milkweed, as suggested by its name, is an important host plant for monarch butterflies!

