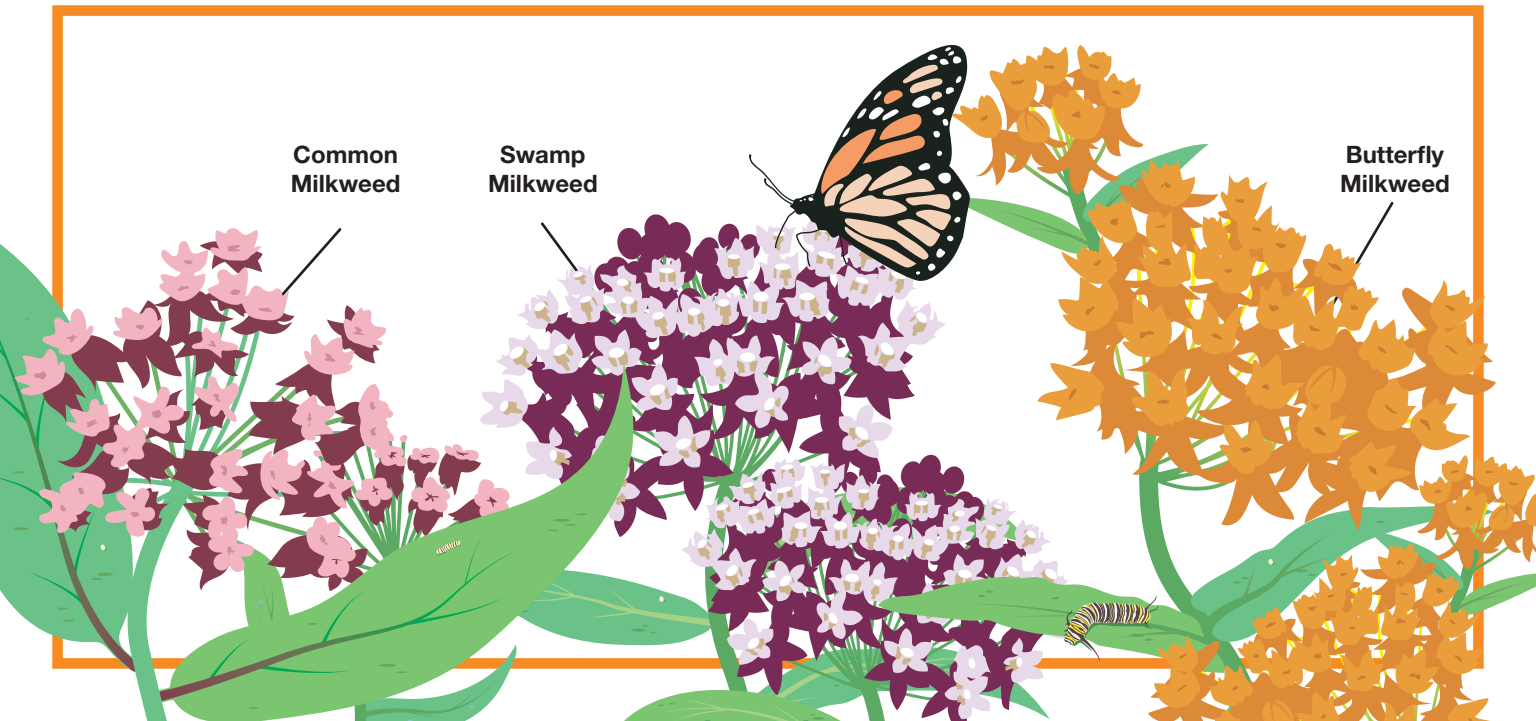


**Common  
Milkweed**

**Swamp  
Milkweed**

**Butterfly  
Milkweed**





# Monarchs & Milkweed

Milkweed is the only source of food outlined for monarch larvae. In the Midwest, there are various types of milkweed such as common milkweed (*Asclepias syriaca*), swamp milkweed (*A. incarnata*), and butterflyweed (*A. tuberosa*). The importance of milkweed to monarchs is multifaceted and benefits both the plant and monarchs. When ingested, monarchs are also consuming chemical compounds that are poisonous to potential predators. Planting or growing milkweed is the easiest way to help sustain monarch butterflies and make a difference in their conservation!



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