



# Poke Milkweed

*Asclepias exaltata*

Light:	Partial shade, shade
Soil:	Loam, Sand
Moisture	Medium
Benefits:	Birds, Pollinators, Butterflies, Host, Deer Resistant
Height:	3'-5'
Blooms:	June, July
Zones:	3, 4, 5, 6, 7
Color:	White
Spacing:	1-2'
Root:	Taproot

The only milkweed for shade, poke milkweed is found along woodland edges and stream banks in the wild. It adds diversity to a shade garden, and with its height and unusual leaves, it's great among ferns and sedges. As you would expect, it's a monarch butterfly host plant, and while it spreads in its happy place, it's not aggressive.