

MILKWEED

Asclepias syriaca L.



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Dakota: Phanunpala

Anishinaabe: Ininiwanzh

ABOUT

Frequently found in fence rows, on roadsides, in fields, and in prairies and pastures, the Common Milkweed occurs in clusters on tall, stout stems. Their flowers are highly fragrant and bloom in umbels (spherical).

HARVEST / PREP

- Young shoots may be blanched and eaten like asparagus
- Green flower buds are delicious in soups and stews
- Young seed pods are eaten similarly to okra

BENEFITS

- Sap can be used to treat warts
- Feeds over 450 types of insects