

Starting Milkweed Seedlings Indoors

*Germination rates are higher for milkweed that is started indoors

Preparation of Seeds Prior to Planting

Most milkweed seeds need cold treatment (vernalization). The best way is through stratification (simulating natural winter conditions).

To stratify seeds:

Method One

- Place seeds in cold moist potting soil in a dark place for several weeks or months

Method Two

- Place seeds between moist paper towels in a plastic bag placed in the refrigerator.
- After 3- 6 weeks these seeds can be planted in warm, moist soil.

Planting

1. Fill a flat or container with a soil mix suitable for seedlings.
2. Soak the soil letting excess water drain.
3. Sow the seeds on the soil surface, roughly 1 to 2 cm apart.
4. Add an additional centimeter of soil mix.
5. Mist the surface.
6. Plant seedlings after all danger of frost has passed.

Note: It is best to use pots that break down in the soil (i.e., peat pots) so that the roots are not disturbed. Make sure the top of any fiber or paper type pot is removed or planted below soil level to avoid having the paper wick away moisture.

Monarch Joint Venture, **Create Habitat for Monarchs**, <http://monarchjointventure.org/get-involved/create-habitat-for-monarchs/>



Swamp Milkweed (*Asclepias incarnata*)

