

# Narrow Leaf Milkweed

*Asclepias fascicularis*

NATIVE

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**Life Form:** Perennial herb



**Flower Color:** White, lavender



**Foliage:** Green



**Sun:** Full sun



**Bloom time:** summer, fall



**Height:** 1.7-3 ft  
**Width:** 1 ft.

**Dormancy:** Winter deciduous



Drought tolerant



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### Sowing Instructions:

Happy seeds start with healthy soil! Follow the directions below with the soil provided to make your seeds sprout into beautiful flowers.

- Moisten soil with water and transfer it into your coconut pot, firmly pressing down with each handful.
- Continue to pack soil into the pot until there is about a fingernail's length of room from the top of the pot to the top of the soil. Do not fill the pot to the brim as this can cause overflow when you water your plant.
- Gently press the milkweed seeds into the soil. For quicker germination, try to keep them 1 cm or less from the surface.
- Place coconut pot in a dish near sunlight or on a windowsill and water daily.

### Planting Instructions:

By Fall, your plants should be ready to put into the ground! The pot provided in your kit is made from coconut fiber, which means it is biodegradable!

- Find a sunny spot for your milkweed to thrive.
- Using a small shovel, dig a hole as deep as the pot is tall.
- Place the pot directly into the ground.
- Take care that there are no gaps between the pot and the surrounding soil.
- Water your milkweed 4x a week until the first rain of the season.

### Helpful tip:

Your milkweed will die back in November and go dormant for the winter. Don't worry! It will resprout from the root in May!