PLANT FACT SHEET

Asclepias syriaca L.

GENUS *Asclepias* **FAMILY** Apocynaceae

COMMON NAMES Common milkweed, Broadleaf milkweed, Silkweed

EDIBLE PARTS AND USES

Edible parts: Flowers, Gum, Leaves, Root, Seeds, pod, Sprouted Seeds, Vegetable

The young shoots and leaves are cooked as a vegetable.
The pods are dried and used to flavour food.
The young pods can also be cooked and used like okra.
The flowers are used to make a sugar.
The unopened flower buds are steamed and used like broccoli.
The sprouted seeds are eaten.

DESCRIPTION

A herb that keeps growing from year to year. A plant that sprouts like asparagus. The shoots can be 1 m tall. It contains milky juice. The leaves are large and opposite or in rings. They are oblong and pointed at the tip. They are thick and leathery. The flowers occur in a cluster. They are purple. The fruit are pods that are pointed. They occur in pairs.

HABITAT

It is a temperate plant. It grows in dry soil and along roadsides. It needs full sun. It is resistant to drought and frost. It suits hardiness zones 3-9.

PRODUCTION

Cultivation

Plants can be grown from seed or cuttings.

NOTES

There are 100 Asclepias species.

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