

SWAMP MILKWEED

In Quebec, four varieties of milkweeds grow wild. They attract butterflies, pollinators like bees, and hummingbirds. They have the privilege of being the only plants on which the magnificent Monarch butterfly reproduces. You can help this endangered species by planting and protecting milkweed. The most widely spread variety, common milkweed, grows in fields. It is a perennial with umbels of pale pink flowers and broad leaves. Another variety, swamp milkweed, the seeds of which we distribute today, grows in moist soil on the shores of bodies of water such as lakes. Its leaves are narrower and its flowers, darker pink than the common species, are pleasantly scented. We recommend this plant among other things to restore and enrich the natural vegetation of the shores of our lakes and thus improve the quality of the water. We suggest that you check the municipal by-law on the shores before undertaking work to clear or cut wild vegetation on the edge of your lake.

Cultivation tips

Planting: Plant the seeds in pots filled with seed starting mix, at 0.3 cm or 1/8 inch deep. Keep the soil moist and the pots in a sunny place. It is also possible to plant the seeds directly on the shore of the lake late in the fall.

Transplanting: When the plant reaches 5 cm or 2 inches, transplant it into the moist soil at the shore of the lake. Carefully mark the places where you plant the flowers to avoid pulling them out or cutting them off when they grow the following year.

Placement: Full sun or partial shade.

Flowering: From July to August. The plant will probably not flower the first year.

Spacing: 45 cm or 18 inches.

Height: 60 to 120 cm or 2 to 4 feet.

You can get additional seeds online or by harvesting them the following year on the flowers you have grown. If you want to grow other plants on the shore, we recommend the sites loveyourlake.ca and watersheds.ca where you will find lots of useful advice to make your project a success.

The **Heney lake watershed** consists of lakes Heney, Desormeaux, à la Barbie, Vert and Noir, located in the municipalities of Gracefield and Lac-Sainte-Marie. We invite you to visit our website at <https://bvlacheney.ca/>