

# Narrowleaf Milkweed – *Asclepias Fascicularis* (California's Native Host Plant for Monarchs)

The first step to helping save the Monarchs (and one you can do right in your backyard) is to plant milkweed. Monarch caterpillars **ONLY** eat milkweed and Monarch butterflies will be looking for milkweed so they can lay their eggs on this host plant. Could that be in your backyard?  
We hope so! Here is what you need to know:

## Stratify Your Seeds

For best results, we recommend “stratifying” your seeds. Stratification simply means tricking your seeds into thinking they’ve survived a cold winter and that it’s now spring.

This does take a little planning so be sure to do this ideally **one month** before you’d like to plant.

1. Place seeds between two layers of dampened paper towel.
2. Place this and seal it inside a ziplock bag.
3. Put the bag inside Tupperware or other container.
4. Store the container in the back of your refrigerator. We’ve found that writing the date on the ziplock with a sharpie helps you remember how long they’ve been in there.
5. After 30 days or so, you can take them out and plant them and they’ll think it’s spring.

## Plant Your Seeds

Using an egg carton works great to start your seeds. We’ve had good luck with mini green houses you’ll find at your local nursery. We also have had the best results using a “seedling starter soil”.

Place the seeds in about 1/4 inch hole and cover with soil. Pop them in the window with direct sunlight and water regularly for the best results.

