



Black and pale swallow-worts, also known as “dog-strangling vines,” are perennial, herbaceous vines that grow from 2 to 6 1/2 ft in length. Native to Eurasia, these species are adapted to a variety of habitats where they out compete native species.

- Both species of swallow-worts can be found in mixed hardwood forest to heavily shaded woods.
- They also can be found in disturbed sunny areas, open fields, and along roadsides in moist or dry soils.
- Related to **milkweeds**, swallow-worts are toxic to livestock, deer and **monarch butterfly larvae**, which are sometimes fooled into laying their eggs on these plants, but their larvae do not survive. Swallow-worts prevent **ground-nesting birds** to nest and birds foraging on the ground cannot move through the vines.

What can you do?

Bring recycled plastic bags in your birding kit and pull when you find swallow wort. Dig out or pull as much root as you can before seeds ripen. Throw bags in trash. Cook bags in sun first. Do not compost or put out with plant material for the town to collect, seeds can live 4-5 years!

Thanks, the RBA Conservation Committee
www.RochesterBirding.com



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