



Photo by Gerald Beetham

Mountain Mint

Pycnanthemum muticum

Growing Information

- Sunlight: Full sun to full shade
- Soils: Dry to moist soils, does well in poor soils
- Bloom Time: Summer blossoms – July, August, September; flower is diminutive bell-shaped red spurs with a yellow center
- Size: 2-3ft in height, 2ft spread

Silvery green foliage is nicely aromatic. This native is happiest at the wood's edge and is excellent for a naturalized border or woodland garden. Also called short-toothed or clustered mountain mint, it is one of the best nectar sources for native butterflies--this is a pollinator magnet! When planted in groups or massed, the silvery bracts give the entire planting the appearance of being dusted by a white powdery snow.

Garden Companions

Black-eyed Susan (*Rudbeckia hirta*); Bear Tongue (*Penstemon digitalis*); Joe Pye Weed (*Eupatorium dubium* or *E. purpureum*)

Nature Benefits

- Nectar source for diverse number of pollinators
- Host for Wavy-lined Emerald (*Synchlora aerata*) caterpillar

Native Habitat

Occurs naturally in rich rocky woods, north-facing slopes, cliffs, ledges, pastures, and roadsides.