



Slender Mountain Mint

Pycnanthemum tenuifolium

Growing Information

- Plant Type: Perennial
- Sunlight: Sun, part shade
- Soils: Average, dry
- Bloom Time: White flowers in July, August, September
- Size: 8-20 inches in height; 12-36inch spread

In addition to being a good garden plant with the narrow leaves and small white flower clusters Slender Mountain Mint stands out because of its above average attraction for pollinators. Plant in a perennial border, pollinator garden, rain garden, or near the vegetable garden to entice pollinators. The aromatic plant with shallow rhizomes is more aggressive than other *Pycnanthemums* so needs root pruning to keep from spreading. This is also called Narrow Leaved Mountain Mint and is native to Cape Cod.

Garden Companions

Sweet Black-eyed Susan (*Rudbeckia hirta*), Dense Blazing Star (*Liatris spicata*), Little Bluestem grass (*Schizachyrium scoparium*), Big Bluestem grass (*Andropogon gerardii*)

Nature Benefits

- Flowers attract a wide variety of pollinators.
- Larval host plant for Gray Hairstreak Butterfly.

Natural Habitat

Occurs in meadows and fields, dry rocky, open woods, pine barrens.