



Photo Credit: Doug McGrady, [Wikimedia Commons](#)

Hoary Mountain Mint

Pycnanthemum incanum

Growing Information

- Plant Type: Perennial
- Sunlight: Sun to part shade.
- Soils: Dry to moist.
- Bloom Time: White to light purple flowers from June through July.
- Size: 2-4ft in height, 1-3ft spread

Like our other native mints, this plant is great for a garden full of deer or rabbits, as the smell and taste of this plant makes it undesirable to browse. In summer it flushes with large clusters of white/light purple flowers, which are loved by pollinators: a Barnstable County native.

Garden Companions

Showy Goldenrod (*Solidago speciosa*), Aromatic Aster (*Symphotrichum oblongifolium*)

Nature Benefits

- Host plant for the Tobacco Budworm, Curved-toothed Geometer, Hermit Sphinx, and Wavy-lined Emerald moths.
- Flowers provide nectar to a variety of pollinators, particularly smaller butterflies like Hairstreaks.

Natural Habitat

Woodland edges, cliffs or rocky ledges.