

Calamintha nepeta subsp. nepeta Calamint

Calamintha nepeta subsp. nepeta (Calamint) is a bushy, fragrant, herbaceous perennial herb of the mint family that brings textural beauty and fragrance together to enhance the garden experience. Plants form a dense, spreading mound of foliage with upright leafy flowering stems rising 12-18" tall that feature pale lilac to white blooms for an extended blooming period from June to September, making them an excellent resource for pollinators. It attracts a much higher diversity of pollinators compared to other species. Spreads in the garden by rhizomes and/or self-seeding and therefore is necessary to cut back after flowering to tidy the planting. Best in full sun, drought tolerant Calamint makes for a good groundcover and works well alongside walks, patios, rock gardens or border fronts where passersby can run a hand through the soft, herbal foliage.

Botanical Name: Calamintha nepeta subsp. nepeta

Common Name: Calamint

Family: Lamiaceae

Nativity: Not Native to US

USDA Zone: 5 to 7

Light Type: Full Sun, tolerates light afternoon shade

Soil Type: Sand, Loam, Clay

Soil Preferences: Well-drained, dry rocky soils

Soil Moisture: Dry to Moist

Typical height (ft): 1-1.5'

Typical width (ft): 1-2'

Foliage: Gray green

Bloom Time: June, July, August, September

Bloom: White, pale lavender

Ecological features: Provides long-lasting floral resources for bees, butterflies, hummingbirds, and other pollinators

Tolerance of: Drought, Heat, Salt, Deer

Additional notes: Excellent edging plant for walks, patios or herb gardens; fragrant foliage when crushed

Companion plants: Yarrow (*Achillea* spp.), Hyssop (*Agastache* spp.), Allium, Asters, Blazing Star (*Liatris* spp.), Coreopsis, Coneflowers (*Echinacea* spp.), Boneset, Joe Pye Weed (*Eupatorium* spp.), Catmint (*Nepeta* spp.), Sedum, ornamental grasses

For more information see:

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=264462>

<https://www.northcreeknurseries.com/plantName/Calamintha-nepeta-subsp-nepeta->

<http://www.newmoonnursery.com/plant/Calamintha-nepeta-sp-nepeta>

<https://www.midwestgroundcovers.com/plant/Calamintha-nepeta-ssp-nepeta>

Images of Calamintha nepeta subsp. nepeta



CalaminthaNepetaNepeta.jpg

plant form



Calamintha nepetoides 0zz.jpg
close-up of flowers



Calamintha nepetoides 1zz.jpg
plant form



CalaminthaNepetaNepeta_1.jpg
form in garden context



CalaminthaNepetaNepeta_2.jpg

early spring foliage

Image choices for narrative:

CalaminthaNepetaNepeta_1.jpg form in garden context

Calamintha nepetoides 0zz.jpg - close-up of flowers