

Pycnanthemum flexuosum Appalachian Mountain Mint

Pycnanthemum flexuosum (Appalachian Mountain Mint) is an aromatic, clump-forming perennial, native to the southeastern United States. The plant is known for its remarkable ability to attract a variety of pollinators, including native bees, beneficial wasps, beetles, and is the larval host plant for the Gray Hairstreak Caterpillar. Leaves are slender and pointed, arranged oppositely along the sturdy square stems. The aromatic foliage successfully deters deer and rabbit herbivory. The fuzzy inflorescences are made of intricate white tubular flowers, densely-packed into rounded globes, resembling cotton balls. Blooms emerge on terminal, upright stems, 2-3' tall. Plants bloom from July to September, typically lasting six weeks. *Pycnanthemum flexuosum* spreads slowly by rhizomes, eventually forming a dense colony, but is not considered aggressive. It thrives in moist, well-drained soils but can tolerate dryness, and often occurs naturally in communities with pines. It is an effective plant for erosion control, and can tolerate clay soil.

Botanical Name: *Pycnanthemum flexuosum*

Common Name: Appalachian Mountain Mint

Family: Lamiaceae

Nativity: US Native

USDA Zone: 5 to 8

Light Type: Full Sun to Partial Shade

Soil Type: Clay, Loam, Sand

Soil Preferences: Moist, well-drained soil

Soil Moisture: Moist to Dry

Typical height (ft): 2-3'

Typical width (ft): 3-4'

Foliage: Gray-green; herbal scent when crushed

Bloom Time: July, August, September

Bloom: White, pale lavender accents

Ecological features: Shallow nectaries attract a wide variety of bees, butterflies, pollinators, and other beneficial insects

Tolerance of: Deer, drought, heat, rabbits, clay soils

Additional notes: Spreads slowly by rhizomes and prevents erosion; Covers ground well; Larval host plant for Gray Hairstreak Caterpillar

Companion plants: Globe Thistles (*Echinops* spp.), Rattlesnake Master (*Eryngium yuccifolium*), Sweet Black-eyed Susan (*Rudbeckia hirta*), Bonesets (*Eupatorium* spp.), Bee-Balms (*Monarda* spp.), Goldenrods (*Solidago* spp.), Little Bluestem (*Schizachyrium scoparium*), Big Bluestem (*Andropogon gerardii*)

For more information see:

<http://www.newmoonnursery.com/plant/Pycnanthemum-flexuosum>

<https://www.northcreeknurseries.com/plantName/Pycnanthemum-flexuosum->

<https://plants.ces.ncsu.edu/plants/pycnanthemum-flexuosum/>

Images of *Pycnanthemum flexuosum*



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Flowers



pycanthemum_flexuosu_E38dnkEmlk1A.jpg
Flower close-up



pycanthemum_flexuosu_Ub5cGnCl6QUr.jpg
Foliage

Image choices for narrative:

5823945475_a49efb6b44_c Flowers

pycanthemum_flexuosu_Ub5cGnCl6QUr.jpg - Foliage