

Pycnanthemum muticum Mountain Mint

Pycnanthemum muticum (Mountain Mint), an aromatic, 2-3' erect and branching native perennial, this species is a top choice for attracting a high diversity of pollinators. Its aromatic, teardrop shaped leaves transition from green to silvery-white as they reach the upper stems, where button-like, greenish-white to pale lavender flowers blossom for six summer weeks. These flat, wide leaves and flowers serve as perfect landing pads for pollinators. Run your hand through a patch of soft Pycnanthemum leaves to release a refreshing herbal, minty scent, and plant a few close to a well-traveled path! Mountain Mint prefers medium to wet, well-drained soils in full sun, but will tolerate part shade, drought, heat, and clay soils. The plant shape is rather boxy, and it is best planted with room for rhizomes to slowly spread into a frosted, fragrant mass. This spreading habit makes it a good choice for erosion control on sloped hillsides as well as the upper rim of a rain garden.

Botanical Name: Pycnanthemum muticum

Common Name: Mountain Mint

Family: Lamiaceae

Nativity: Great Lakes Native

USDA Zone: 4-8

Light Type: Full Sun to Part Shade

Soil Type: Clay, Loam, Sand

Soil Preferences: Fertile, well-drained soil

Soil Moisture: Moist, Wet

Typical height (ft): 2'-3'

Typical width (ft): 2'

Foliage: Gray Green, Silver

Bloom Time: July, August, September

Bloom: White, Pale Lavender

Ecological features: Attracts vast variety of pollinators: Bees, wasps, beetles, butterflies.

Tolerance of: Drought, deer, rabbits, clay soil

Additional notes: Spreads slowly by rhizomes and prevents erosion. Covers ground well.

Companion plants: Little Bluestem (*Schizachyrium scoparium*), Sky-Blue Aster (*Symphyotrichum oolentangiense*), Coreopsis species (*Coreopsis* spp.), Wild Strawberry (*Fragaria virginiana*), Switchgrass (*Panicum virgatum*), Yellow Coneflower (*Ratibida pinnata*), Black-Eyed Susans (*Rudbeckia* spp.)

For more information see:

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

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

<https://www.americanmeadows.com/bigleaf-mountainmint-seeds>

<https://www.luriegarden.org/plants/mountain-mint/>

Images of Pycnanthemum muticum



Pycnanthemum_muticum_(14882530104).jpg

Leaves closest to flower have silver tint



Pycnanthemum_muticum_(14945847337).jpg
Full bloom in mid-summer



Pycnanthemum_muticum_kz1.jpg
Green dome flower centers



Pycnanthemum_muticum_0zz.jpg
Leaves give off a minty aroma



Pycnanthemum_muticum_kz3.jpg
Forms a dense colony



Pycnanthemum_muticum_kz5.jpg

Minute tubular petals on green dome of florets

Image choices for narrative:

Choice 1:

Pycnanthemum_muticum_kz3.jpg

Forms a dense colony

Choice 2:

Pycnanthemum_muticum_(14945847337).jpg

Full bloom in mid-summer