



***Pycnanthemum virginianum* – Mountain Mint**

COMMON NAME: Mountain Mint

SCIENTIFIC NAME: *Pycnanthemum virginianum* (Greek word *pycnos* means dense and *antheon* means flower)

FLOWER COLOR: White

BLOOMING PERIOD: July and August

SIZE: Medium size herb, 1 to 3 feet tall

BEHAVIOR: Perennial, spreading by underground rhizomes. The flowers are in tight clusters about $\frac{3}{4}$ inch across on the tip of the stalk, opening in succession starting on the outer edge. The plants are upright and have a bushy appearance.

SITE REQUIREMENTS: Wet meadows, prairies. Needs full sun.

NATURAL RANGE: Maine to North Dakota, south to western North Carolina Missouri and eastern Kansas. Found throughout Wisconsin.

SPECIAL FEATURES: Tasty, highly aromatic foliage. Brushing the leaves releases a pest repellent perfume. The French botanist, Andre Michaux, found meadows of this plant in Pennsylvania and named it mountain mint.

SUGGESTED CARE: Easy to grow. Animals rarely bother this plant.

COMPANION PLANTS: In dry prairies it is found with little bluestem, sky-blue aster, coreopsis, wild strawberry, switch grass, yellow coneflower, black-eyed Susan, stiff goldenrod, prairie dropseed, spiderwort, and golden Alexanders. In moist prairies and fens it is found with bluejoint grass, marsh shield fern, sneezeweed, sawtooth sunflower, yellow stargrass, rattlesnake root, cord grass, New England aster, spotted joe-pye weed, boneset, and cowbane.