



Mountainmint

Pycnanthemum incanum

Plant Description – Native, herb/wildflower, deciduous, perennial

Height: 2 – 3 ft **Width/Spread:** 3 – 4 ft



Leaves



Shape: Ovate

Arrangement: Opposite

Margin: Dentate

Form: Simple

Leaf Description: Green with a silvery white appearance; 1.5 - 3 inches wide; when crushed, releases a fragrant spearmint smell; upper leaves are whitish silver; stems are square and covered with short white hairs

Flower/Bloom

Flower Color: White/Lavender

In Bloom: Jun-Aug

Flower Shape: Tubular

Flower Description: Appear in clusters of small, 2-lipped, lobed flowers; white or lavender with small purple spots; silvery bracts (modified leaves) located below the flower



Fruits & Seeds

Spreads via: Seeds and Rhizomes/Tubers/Roots & Shoots

Seed Type: Fruit – Capsule

Months in Seed: Sep-Oct

Fruit and Seed Description: Self-seeds easily and roots by stems; can become an aggressive grower

Ecological Benefits

Food source for Butterflies, Native Bees, and Other Pollinators

Maintenance Notes

Dormant in winter; Can become an aggressive grower; Weed-like growing tendencies can be controlled by pruning at the roots and dividing in early spring; To propagate by stem, take tip cuttings in June; If collecting seeds, collect after the first few frosts; Prefers dry soil
(water once per week)