

Short Toothed Mountain Mint



Pycnanthemum muticum

- **Use:** Also known as Clustered Mountain Mint, *Pycnanthemum muticum* is a top notch pollinator plant with compact growth and silvery bracts. Easy to grow in almost any average to fertile, well-drained soil, it does best in full sun, but also tolerates light shade. Its compact growth, broad lustrous leaves, silvery bracts and aromatic flowers make it a highly popular member of the perennial flower garden. This mountain mint offers excellent pollinator support for both butterflies and bees. Deer resistant.
- **Exposure/Soil:** Full to part sun. Happiest in wet shade. Native to bogs, wet meadows, and open woodlands throughout most of the eastern United States so very adaptable.
- **Growth:** Typically growing to a height of 2-3', it can grow larger, up to 4'. It will begin blooming when the plant reaches a width of approximately 1' wide.
- **Hardiness: Zone** 6-9 Perennial
- **Foliage:** Deciduous. Bears oval toothed leaves on strong square stems.
- **Flower:** In summer, plants are topped by dense rounded clusters of tiny white to lavender tubular flowers. The leaves surrounding the flower clusters are highlighted with silver. Pollinators flock to the blooms in sunny gardens. Loved as a fragrant element in cut flower bouquets.



Rub a handful of this herb on your pants to deter chiggers and ticks. A fresh wad of

short-toothed mountain mint's bruised stems, stuck into your pocket or hat, might even help keep gnats from buzzing your face when you're outdoors.

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