

Hairy Mountian Mint



Pycnanthemum verticillatum var. pilosum

- **Use:** Has very densely hairy leaves and stems, giving it a fuzzy texture. The leaves will emit its minty fragrance when brushed against or crushed. When dried, it makes an excellent potpourri. Deer resistant. It's natural habitat includes rocky slopes, outcrops, along railroad tracks, open woods, stream valleys and thickets.
- **Exposure/Soil:** Full to part sun. Grow in full sun to part shade with protection from hot summer sun.
- **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 4a-8b Perennial
- **Foliage:** Deciduous. Thin, fragrant foliage. The leaves have been known to be brewed for a tasty mint tea.
- **Flower:** The flowers are clusters of many small, two-lipped corollas ranging from whitish to lavender with purple spots. Attracts native bees, bumblebees and honey bees.

All parts of the plant have a minty aroma when crushed. The dried leaves are used in making teas. Rub the leaves on your skin to serve as a mosquito repellent. The leaves contain pulegone, an oil with a spearmint-like aroma that can be rubbed on the skin to repel mosquitoes.