

Narrow-leafed Mountain Mint



Pycnanthemum tenuifolium

- **Use:** Narrow Leaf Mountain Mint is a top-rated pollinator plant and has the added value of having beautiful fern-like foliage that creates interest throughout the growing season. This plant is good for naturalizing or in a rain garden. It can spread quickly, so it benefits from having space or being cut back as needed. Deer resistant.
- **Exposure/Soil:** Full to part sun. 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. Thin, fragrant foliage. The Cherokee used the leaves as a poultice to treat headache, and internally to treat colds, fever and upset stomach.
- **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.

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