

Appalachian Mountain Mint



- Good choice for a Wildlife Garden or Meadow.
- Butterfly Nectar Plants
- Cut Flowers or as part of a Grouping or Mass Planting that will aid in Erosion Control.
- Showy Blooms for Cottage Gardens
- Deer Resistant Plantings
- Water-wise Landscapes
- Low Maintenance Plantings
- Rain Gardens
- Rock Gardens and Perennial Borders



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.



Pycnanthemum flexuosum

- **Use:** The mountain mints are listed on many “Top Ten Plants for Pollinators” lists. A member of the mint family, the aromatic oils in the foliage make *Pycnanthemum* very deer and rabbit resistant. Mountain mint contains pulegone which is a natural insect repellent. It is a larval host plant for the Gray Hairstreak Butterfly and the flowers are covered in wasps, bees, flies, butterflies, and skippers as it blooms throughout the summer. Good to incorporate along the perennial border, rain garden, or near the vegetable garden to entice pollinators and best planted in large clumps where insects can easily move from flower to flower. The strong root systems make a tough soil stabilizer that is great for slopes and stream-banks.
- **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. Aromatic leaves are arranged opposite from each other on short petioles along the stems. Foliage develops an attractive red tinge in autumn.
- **Flower:** Blooming lasts for about 6 weeks from mid-summer to early autumn. The florets mature into ovoid nutlets that are nestled into brown button-like cymes. Loved as a fragrant element in cut flower bouquets.

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