

# Virginia Mountain Mint



This Native perennial has many great qualities. It attracts hordes of pollinators. The leaves give off a pleasant spearmint like odor. This plant can be aggressive so should be given space to do it's thing. Unlike other Mountain Mints this one prefers moist to wet conditions. A tea can be brewed from the leaves of the Mountain mint. There has also been a long history of medicinal use.

*Pycnanthemum virginianum*

- Hardiness: Zone 3 to 7
- Size: 2-3'
- Flower: White flowers in mid to late summer
- Culture: Prefers full sun and average to wet well-drained soils
- Uses: Naturalizing, massing, herb garden, border, showy, butterflies, bees, pollinators, shelter for wildlife, drought tolerant, erosion control, fragrant, tea, medicinal, cut flower, insect repellent, deer resistant

**NATIVE TO  
PENNSYLVANIA**