

***Pycnanthemum incanum* - Hoary Mountainmint**



Native to open woods, thickets, fields, and hills of the eastern United States and Ontario, Canada, hoary mountainmint contains tannin and is considered an astringent. It was used by Native Americans to relieve headaches and other ailments. Plants grow 2-4 feet high and 4 feet wide. White flowers, tinged with lavender, bloom July through September and are not particularly showy. White bracts,

found under the flower clusters, are more noticeable. A member of the mint family, hoary mountainmint leaves are highly aromatic of spearmint, especially when crushed. Leaves of the plant often are used to flavor teas.

Hardy to USDA zone 3 (-40 degrees F), hoary mountainmint is best grown in rocky, gravelly, or sandy, moist, not wet, soil in full sun to part shade. Plants flower best in full sun and can tolerate drought. Hoary mountain mint is a vigorous and aggressive grower, spreading by rhizomes. Cut back in late spring and prune roots with a spade to limit plant spread.

Butterflies, moths and some species of beneficial predatory wasps are attracted to the flowers of hoary mountainmint.