

Narrow-Leaf Mountain Mint

Pycnanthemum tenuifolium

Plant Type: Native Perennial Wildflower

Sun Exposure: Full Sun, Part Sun

Season of Interest: Summer, Fall

Bloom Time: Summer, Fall

Bloom Color: White

Height: 24 to 36 in.

Spread: 24 in.

Spacing: 26 in.

Water Needs: Average

Maintenance: None

Soil Type: Clay, Loam, Sandy, Rocky

Soil pH: Acidic

Soil Drainage: Well Drained

Pests: None

Diseases: None

Wildlife: Bees, Butterflies



Description: Narrow-Leaf Mountain Mint, is an aromatic, low-water ornamental plant that is a pollinator magnet.

This native plant is an edible, hardy and adaptable plant that you can plant in your herb garden, along your garden borders, in a rain garden, and between rocks, or as a nature scaping plant. All parts of this plant, when crushed, have a fragrance of mint. The dried leaves emit a mint-like aroma and can be used as a food item. You can boil them to make mint tea! These lovely native plants hail from the rocky woods and open wet thickets

of central and eastern North America. Their showy white flowers attract pollinators of all kinds: butterflies, honeybees, wasps, flies, beetles, and moths. For more information see:

plants.ces.ncsu.edu/plants/pycnanthemum-tenuifolium.



Care and Growing Tips: This perennial has needle-like foliage and white flower clusters on an erect and herbaceous perennial that branches into a shrub-like or bushy formation. Narrowleaf mountain mint spreads through the ground via rhizomes, allowing it to appear as a striking mass of white flowers in late summer. They prefer a full sun exposure while planted in well-draining soil. This herb thrives in various soil types and conditions, making it an excellent choice for gardens and natural landscapes. When planting, choose a sunny location with well-drained soil, although it can tolerate partial shade. Heat is no issue for this plant, as it grows wild in areas of the south that are very hot in summer. This plant needs a low to medium amount of water. Let the soil dry out completely between watering. Apply just enough compost to keep the plant healthy. *Pycnanthemum tenuifolium* has no special fertilizing needs, it'll grow without additional fertility. In fact, you might find your plant doesn't perform as well when supplemental nutrients are added, especially in its native range. A light dressing of compost annually is enough to keep it happy. This plant is virtually maintenance and pest free and is highly deer-resistant and rabbit-resistant.