

# American Mountain Mint

## *Pycnanthemum virginianum*

**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:** 12 to 18 in.

**Spacing:** 20 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:** If attracting pollinators to your yard is one of your gardening goals, then you should really consider adding American Mountain Mint to your garden. The small white flowers are irresistible to pollinating insects. The flowers bloom for two months or more in Summer and are amazing with how well they attract pollinators. It is a herbaceous perennial native to Eastern North America. It will grow 2-3 feet tall in full sun and well draining soil. The foliage gives off a minty aroma when crushed, just like other mountain mints. This helps keep

the leaves looking great throughout the growing season as deer, rabbits, and leaf-feeding insects avoid this aroma. If deer or rabbits are a problem in your garden, consider adding some mountain mint to deter them.. For more information see: [plants.ces.ncsu.edu/plants/pycnanthemum-virginianum](https://plants.ces.ncsu.edu/plants/pycnanthemum-virginianum).



**Care and Growing Tips:** American mountain mint will grow best in full sun (6+ hours of direct sun per day) or partial sun (4-6 hours of sun). The more sun you provide it, the larger and showier it will be. It is highly adaptable and will grow in almost any soil type from sandy to clay. This plant is not picky about where it grows. American Mountain Mint prefers moist to average soil conditions. It can survive occasional drought but will need supplemental water if it becomes stressed.

The primary maintenance is to keep new plants in check. If this is planted in a formal flowerbed, be aware that there will be new shoots sprouting each Spring. In general, you can use a spade to sever these roots in Spring and stop the spread for that particular growing season. American Mountain Mint should not require any supplemental fertilizer. As a native plant, it will grow just fine within it's native range.