

Pycnanthemum muticum

Short-toothed/Clustered Mountain-mint for the Mid-Atlantic

Tried and True
Native Plant Selections

Clustered Mountain-mint* flowers may be unassuming, but their nectar enticed the greatest number and diversity of pollinators out of 86 native species and natives monitored by Penn State Extension and Master Gardeners over a 3-year period.** Showy, silvery bracts accent the flower clusters and the foliage exudes a strong minty aroma when crushed.



Perennial	Flowers En Masse, w/ Pollinators,*** Seed Heads
Height: 1–3 feet	
Spread: 1–3 feet	
Bloom Color: White to pinkish	
Characteristics	
Herbaceous perennial forming upright clumps	
Opposite , lanceolate to ovate , toothed green leaves w/ rounded base & pointed tip on stiff, square stems	
Terminal or axillary clusters of ½-inch, bilabiate , tubular, lavender-spotted white flowers accented by two canescent , silvery-green bracts July–September	
Spreads rapidly by rhizomes in optimum conditions	
Attributes	<p>Excellent Replacement for</p> <p><i>Aegopodium podagraria</i> - Bishop's Weed</p> <p><i>Allium tuberosum</i> - Garlic Chives</p> <p><i>Mentha</i> spp. - Mint</p> <p>*It is native to DC, uncommon in DE, and found mostly in the MD Piedmont and in southeastern PA. It is infrequent throughout VA, but is native to Fairfax and Loudoun Counties in NoVA.</p> <p>**Bees, Bugs, and Blooms – A Pollinator Trial” Penn State. College of Agricultural Sciences. <i>This trial evaluated native plant species/cultivars for pollinator attractiveness from 2012 to 2014.</i></p> <p>***Pollinators: honey bee (<i>Apis mellifera</i>, top right), leafcutter bee (<i>Megachile</i>, middle left top), maybe brown-belted bumble bee (<i>Bombus griseocollis</i>, middle left bottom) and thread-waisted wasp (<i>Eremnophila aureonotata</i>, middle right).</p>
Tolerates some drought; no serious pests or diseases (rust possible); deer rarely damage	
Contains insect repellent pulegone—rub leaves on clothes/put some stems in pockets to repel ticks...	
Ethnobotanic uses; used in moth-deterrent sachets	
Attracts myriad pollinators (bees, wasps, flies, moths, butterflies, beetles) incl. predators/parasitoids of brown marmorated stink bug; larval host to ~4 lepidopterans	
Growing and Maintenance Tips	
Soil Requirements : Well-drained	
Light Requirements : Sun, Partial Shade	
Water Requirements : Moist	
Thrives and spreads quickly in moist, clay soil in full sun; to keep it in check, in spring prune roots with a spade or plant in drier or shadier locations	
Use en masse or naturalized in cottage, herb, meadow, native plant, or pollinator gardens	
Hardiness : USDA Zones 4a–8b	
developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria	

Images by Mary Free, Arlington, VA and by Elaine Mills, Gulf Branch Pollinator (top right) & Glencarlyn Library Community (bottom) Gardens