



photo: Dan Jaffe

VIRGINIA MOUNTAIN MINT

Pycnanthemum virginianum

Attract pollinators galore with this awesome native! Bees, wasps, beetles, butterflies, and moths sip the nectar from the small, white-to-lavender flowers. Forms clumps and spreads by rhizomes—a low maintenance winner!

Growing Information

Sunlight Part shade
Soil Type Moist
Height 1–3'
Flowering calendar July to September

Benefits for Wildlife

Leaves Larval host plant to 4 species of butterflies and moths
Flowers Attracts a wide variety of pollinators
Fruit No
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Host to 4 caterpillar species:
(common names) Hermit Sphinx; Tobacco Budworm Moth; Curved-Tooth Geometer; Chionodes pseudofondella

Benefits for People

- Beautiful white blooms, extremely hardy

Natural Habitat

- Open, dry woodlands and thickets

