



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!

Benefits for Wildlife

- Dense, clustered flowers attract a wide variety of pollinators
- Seeds are a source of food for overwintering birds

Host to 4 caterpillar species:
(*common names*) Hermit Sphinx; Tobacco Budworm Moth; Curved-Tooth Geometer; Chionodes pseudofondella

Benefits for People

- Edible, fragrant foliage
- Extremely hardy
- Deer and salt tolerant

Growing Information

<i>Sunlight</i>	Full sun to part shade
<i>Soil Type</i>	Moist
<i>Height</i>	1-3'
<i>Width</i>	1-2'
<i>Flowering calendar</i>	July to September

Natural Habitat

- Open, dry woodlands and thickets

