

# Pycnanthemum muticum

**North American Native**



*Pycnanthemum*  
(pik-nan-thee-mum)  
From the Greek *pyknos*, dense, and *anthos*, flower meaning densely flowered.

*muticum* (mu-tee-kum)  
meaning blunt.



**Zones:** 3 – 9 **Flower Color:** Pink **Height:** 24 – 36” **Spacing:** 16”

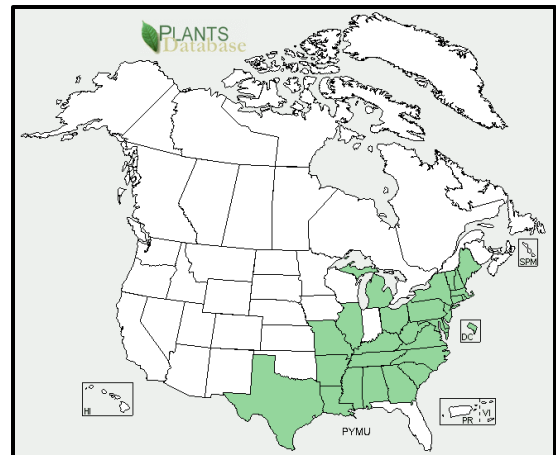
## About the Species:

**Common Name:** Short-toothed mountain mint, Big leaf mountain mint

**Family:** Lamiaceae

Although a mint, *Pycnanthemum muticum* does not have the unruly habit of spreading by underground runners. Silvery bracts highlight dense clusters of small pinkish flowers in mid summer to early fall. Cutting back in early summer will encourage bushiness and showier bracts.

**Habitat:** Found in moist woods and meadows, thin woodlands, and roadsides. *Pycnanthemum muticum* likes consistently moist, well-drained soils, growing well at the edges of woodlands.



USDA Plants Database



**In the Garden:** This is a vigorous, easy-to-grow plant that thrives in a wide variety of conditions and competes well with bee balm and obedient plant. Use in naturalized borders, woodland gardens, herb gardens, Butterfly gardens, edges of woods, mass plantings, and moist sunny areas. Grow for the fragrant flowers and interesting foliage that smells like spearmint when crushed. Mountain Mint is loaded with pulegone, the same insect repellent found in pennyroyal. It can be rubbed on the skin to repel mosquitoes. The cut off leaves can be used in making tea. Big leaf mountain mint is a good source of nectar for smaller butterflies and the beneficial insects that feed on troublesome insects. Stem clumps make dense ground cover for wildlife.