

Pycnanthemum virginianum Common Mountain Mint

Preferred Water Depth and Inundation Tolerance

Prefers moist to saturated soil in sedge meadow, wet prairie, and mesic prairie zones. Species tolerates inundation only early in the season for short periods.

Wildlife Value

Attracts butterflies.

Application/Zone

Stoloniferous growth habit stabilizes soil on upper shoreline zones, upland slope buffers, and in vegetated swales.

Availability, Establishment, and Maintenance

- Can be established from seed, as this species quickly invades new restoration areas.
- Propagation can be achieved by cuttings and division in the spring. The tops of young plants can be pinched off to provide a more sturdy growth habit.
- Tolerates limited mowing.

Common Mountain Mint

Pycnanthemum virginianum

Mature Height

20-36 inches

Plant Type

Perennial herb

Indicator Status

Facultative Wet (+)

pH

5-7

Nutrient Load Tolerance

Moderate

Salt Tolerance

Not available

Siltation Tolerance

Low to moderate

Flowering Color and Time

White with purple spots
July to August

Light Preference

Full sun

Seeding Rate

.02 - .06 lbs/acre

