"Favorite Flowers of the Chesapeake Master Gardeners"

Pycnanthemum tenuifolium *by* Lauren Ragsac

Common Name: Narrowleaf mountain mint
Family: Lamiaceae

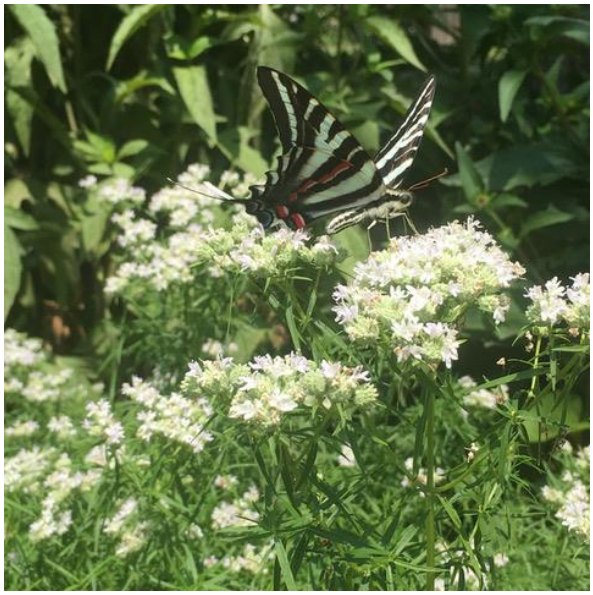

Photo by Lauren Ragsac

My favorite thing about this plant is that it is a pollinator magnet! This plant attracts a large number of native bees in particular, and also attracts many butterflies. The photo above is my own, and this particular plant I acquired from a native plant vendor one year at Maryland Master Gardener annual training day. It was one of the plants I chose to bring with me when I moved here from Maryland, so that tells you how much I value this plant. I have since divided it a few times and established it in other parts of my garden. The *Pycnanthemum* genus is in my "top five favorites" of plants to use in a pollinator garden.

- A perennial forb native throughout Virginia and other parts of North America, growing in USDA zones 4-8.
- 2-3 feet in height; spreads rhizomatously to form clumps 2-3 feet wide.
- Terminal clusters of small white flowers blooming from May into July or later.
- Low maintenance, drought tolerant once established. Full sun to part sun.
- No serious insect or disease problems.
- Crown stays evergreen; good winter interest if you leave the spent flower heads.
- Good plant to use in a naturalized area or back border or for texture variation in a flower bed.

References:

www.missouribotanicalgarden.org/PlantFinder
www.wildflower.org
vaplantatlas.org

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