PLANT FACT SHEET

Pycnanthemum incanum Michx.

GENUS *Pycnanthemum* **FAMILY** Lamiaceae

COMMON NAMES Hoary mountain-mint

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

The fresh or dried leaves are brewed into a mint-like tea.

DESCRIPTION

A herb. The stems are about 1 m long. They are finely hairy. The leaves are oval or sword shaped and have teeth along the edge. The leaves are 5-10 cm long by 1.5-3.5 cm wide.

HABITAT

It is a temperate plant.

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