PLANT FACT SHEET

Pycnanthemum virginianum (L.) T. Durand & B. D. Jacks. ex B. L. Rob. & Fernald

GENUS *Pycnanthemum* **FAMILY** Lamiaceae

COMMON NAMES Virginia mountain mint

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Flowers - flavouring

The leaves can be used fresh or dried in tea.
The flowers are used for flavouring. They are used for seasoning meat and soups.

DESCRIPTION

An upright herb. It is more branched than Pycnanthemum muticum. It grows 90-100 cm high and spreads 100 cm wide. The branches are short and leafy. The leaves are sword shaped and taper to the tip. They are 6 cm long. There are teeth along the edge. The flowers are in flat topped heads. The flowers are white or lilac. The plant gives off a mint like smell when crushed.

HABITAT

It is a cool temperate plant. It grows in dry fields. It suits hardiness zones 3-7.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 506

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994) (As Koellia virginiana)

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1115

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 133

A. Gray, Manual ed. 7:707. 1908

Jackes, D. A., 2007, Edible Forest Gardens

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 730

Lawton, B.P., 2002, Mints. A Family of Herbs and Ornamentals. Timber Press, Portland, Oregon. p 74, 178

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 457

Toupal, R. S. & Hollenback, K., 2009, An Ethnobotany of Indiana Dunes National Lakeshore: Plant Uses of the Ojibwa People. Bureau of Applied Research in Anthropology. University of Arizona

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 573

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/92ad426c-b6c8-46aa-a970-05934d73d6a2