PLANT FACT SHEET

Pycnanthemum verticillatum var. pilosum Nutt.

GENUS *Pycnanthemum* **FAMILY** Lamiaceae

COMMON NAMES Mountain mint

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - tea

The leaves can be used for flavouring. They are also used for tea.

DESCRIPTION

An upright herb which keeps growing from year to year. It grows 1.5 m high. The leaves are 7.5 cm long. They can have shallow teeth. The flowers are pink.

HABITAT

It is a cold temperate plant. It suits hardiness zones 3-7.

PRODUCTION

Cultivation

Plants can be grown from seed, cuttings or division.

NOTES

There are about 21 Pycnanthemum species. All can be used for their mint flavour.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c14ab8fe-15a5-4bc4-9f9d-72ccb827ee97