PLANT FACT SHEET

# *Pycnanthemum muticum* (Michx.) Pers.

**GENUS** *Pycnanthemum* **FAMILY** Lamiaceae

**COMMON NAMES** Short-toothed mountain mint

## EDIBLE PARTS AND USES

**Edible parts:** Leaves - tea

The leaves can be used to prepare a tea drink.

## DESCRIPTION

A herb. The stems are square and hairy. It can grow 1 m tall. The leaves are oval and have teeth along the edge. They are 3-8 cm long by 1-3 cm wide. They taper to the tip. The flowers are white and in dense clusters.

## HABITAT

It is a temperate plant. It suits USDA hardiness zones 4-8.

## PICTURES




Credit: Food Plants International (Bruce French)

## REFERENCES

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

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

Syn. pl. 2(1):128. 1806

**PROVIDED BY** **Food Plants International**

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

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/e5f24b81-a7b9-456f-b42f-796340d3a87f