**Pycnanthemum muticum**

**Common name:** Broad-leaved Mountain Mint

**Hardiness:** Zones 3–9

**Light:** Sun to light shade

**Soil:** Moist is preferable

**Size:** 2’–3’ tall x 1 1/2’–3’ wide

**Foliage:** Deep-green, oval, pointed leaves

**Flowers:** Showy, silvery bracts with small button-shaped centers showcasing white flowers tinged with magenta

**Bloom Time in Tri-State Area:** Mid to late summer

**Wildlife Value:** Nectar for a wide variety of pollinators, including butterflies and other beneficial insects

*Pycnanthemum muticum* is a superior nectar plant that is covered with an amazing variety of insects when in bloom. It is quite aromatic and highly resistant to deer. It spreads by rhizomes and will ramble, but is less aggressive than traditional culinary mints such as Spearmint.