Hairy Mountain Mint

- Scientific Name: *Pycnanthemum pilosum*
- Family: Mint (Lamiaceae)
- Type: Perennial Edible Herb
- Native range: Eastern and central United States
- Sun: Full sun to part shade
- Blooms: June to October
- Attracts: Honey bees, Bumblebees, Native bees, & Wasps among others
- Cultivated: Alamance County

Notes: The fresh minty-aromatic leaves, can be boiled in water to make an excellent mint-flavored tea. Nectar-rich flowers with pollen are very attractive to many kinds of insects, including small butterflies. Pollen pellets are white.