

# 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.



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