



Pycnanthemum virginianum •

common mountain mint

FOR GENERAL GROWING NOTES SEE "GENERAL GROWING PROTOCOLS" CARD

PLANT CHARACTERISTICS: white blooms. H= 2-3' Spread 1-1.5'

DESIRED SITE LOCATION & SPACING:

- full sun
- medium soil
- drought tolerance = medium
- 10" between plants and rows
(recommended spacing (18-24"))

ECOLOGICAL BENEFITS:

- Wildlife: special value to honey bees and bumblebees
- Conspicuous Flowers: small flowers
- Attracts: butterflies, bees
- Nectar Source: yes



Seed Stratification	cool and moist, 30 – 60 days
Seed-Sow to Finished Plug	February to mid-May (14 weeks)
Outplanting	late May - June
Flowering Period	August – September

SOWING & SEED DEPTH:

- Sow 3 seeds per cell; barely cover with media equal to thickness of the seed

SEED COLLECTION:

- September - October
- harvest only top portion of stem with pods, leaving the remaining stem for overwintering insects
- compact flower heads contain dozens of small seeds
- hang seed heads upside down over a bin lined with paper to catch falling seed
- once dry, gently crush the seed pods to release the seed

PESTS & DISEASE: none of note

