

Slender Mountain-mint – *Pycnanthemum tenuifolium*



Photo: Richard Stromberg



Photo: Isaac Matlock



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Habitat Notes:

Wet to dry meadows, fields, clearings, roadsides, riverside prairies and outcrops, mafic outcrops, fens, and bogs.

Species Identification:

- White to pink flowers
- Height 1-4 feet
- Stem angular, simple or forking axillary branches, glabrous.
- Leaves opposite, 2-5cm x 0.1-0.4cm, linear to linear-elliptic, entire, glabrous, with lateral veins in 2 or 3 pairs arising in basal ¼ of leaves.
- Petioles when present, to 2mm.
- Corollas 3-8mm, nutlets to 1mm, oblong, black.

Cultural Conditions:

- Full sun to part shade
- Clay soil, high organic matter, loam, silt, shallow rocky
- Good drainage, moist, occasionally dry

Ecological Benefits:

- Wildlife: Great nectar sources for many pollinator species. Some of which are vital in pollination of pepper, watermelon, strawberry, tomato plants.
- A variety of animals will eat the seeds and deer may browse the leaves.
- Useful for erosion control as the rhizomes make good soil stabilizers.

Growing Protocol:

- Seed requires no stratification (A)

Collection Information:

- Shakers. Seeds need to be collected prior to dispersal.
- Either shake into a bag or cut the stem and collect the entire stalk before seeds are dispersed.
- Plant will still be green when seeds are ready.
- Collect in the fall.

Pests & Disease:

- No major pests or problems known for this plant. It may be vulnerable to rust.