

Pycnanthemum flexuosum
Appalachian Mountain Mint

- 2 to 3 feet tall
- 3 to 4 foot spread
- Sun or partial shade
- Moist, well drained soil
- Aromatic leaves
- Fuzzy, white to pale lavender blooms, summer to fall
- Expands slowly from shallow rhizomes. Good soil stabilizer.
- Larval host plant for gray hairstreak caterpillars

