June – Aug

Mentha arvensis var. villosa
American Field Mint

- 12 to 18 inches tall
- Forms colony through rhizomes
- Full sun to part shade
- Prefers moist, rich soils but is very adaptable to a variety of conditions
- Clusters of tiny white or lavender flowers along stems in early to late summer; valuable to pollinators!
- Useful as a culinary mint!