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Pycnanthemum tenuifolium

narrowleaf mountainmint



Light Requirements: **sun, part-sun**

Soil Moisture: **dry, moist**

Soil Description: **acid, rich, average, loam, sand, gravel/rock**

Height: **2'-3'**

Recommended Spacing: **12"-18"**

Bloom Time: **June, July, August, September**

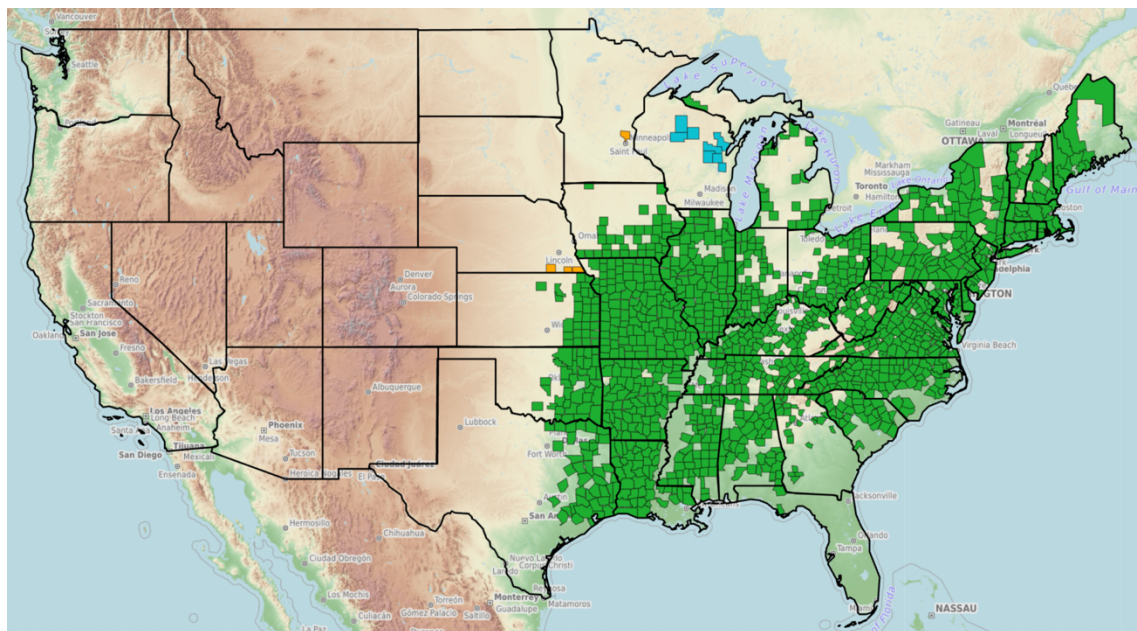
Bloom Color: **white**

Hardiness Zone: **4, 5, 6, 7, 8**

Additional Tags: **colonizing, cut flowers, deer resistant, ornamental foliage, pollinator favorite, rock garden plant**

Pycnanthemum tenuifolium produces an impressive display of white flower clusters that are guaranteed to be abuzz with pollinators. It is not as tall as some of the other mountainmints and has a more airy appearance due to its narrow leaves. But, don't let its delicate appearance fool you: as with other members of the genus, this one can be pushy and will claim its space in the garden.

One of the most versatile mountainmints, it adapts to difficult conditions, isn't picky about soil types and spreads readily via rhizomes. Dense planting creates an effective ground cover, weed barrier, and soil stabilizer. The fragrant foliage is unappealing to rabbits and deer.



Map of Native Range
Color Key:

- Present
- Rare
- Adventive