

Frosted Mountain Mint



Pycnanthemum muticum

Aromatic and robust perennial with a long season of interest

A stunning and unique native wildflower.

The most aromatic of the Mountain Mints, and a wonderful addition to herbal tea blends.

Highly deer resistant.

Clay tolerant.

Grows 3-4 feet tall, but responds well to cutting back. Will bloom again and again after being cut.

Sun to part shade.

An aggressive spreader, best used where it can be allowed to fill an area all by itself or alongside other aggressive plants like Bee Balm, Common Milkweed, or Carlotta's Aster.



Consistently attracts a wide diversity of pollinators over a very long season of bloom. Also useful as a filler in fresh or dried floral designs. Great for naturalizing on difficult banks. Useful in monoculture, such as in a foundation planting, or in a large planter.