Appalachian Mountain Mint

Pycnanthemum flexuosum

Height: 3 feet

Spread: 3 feet

Spacing: 30 inches

Sunlight: ○ ◐

Hardiness Zone: 5b

Other Names: syn. Koellia hyssopifolia, Mountainmint

Description:

An aromatic, summer bloomer that produces silvery-white globular flowers on sturdy upright stems; blooms persist from summer through fall; green foliage takes on a red tinge in fall; an excellent border or container plant



Appalachian Mountain Mint flowers
Photo courtesy of NetPS Plant Finder

Ornamental Features

Appalachian Mountain Mint has masses of beautiful silver ball-shaped flowers with white overtones at the ends of the stems from mid summer to mid fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its fragrant pointy leaves are green in color. The foliage often turns red in fall.

Landscape Attributes

Appalachian Mountain Mint is an herbaceous perennial with an upright spreading habit of growth. It brings an extremely fine and delicate texture to the garden composition and should be used to full effect.

This is a relatively low maintenance plant, and should be cut back in late fall in preparation for winter. It is a good choice for attracting bees and butterflies to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. It has no significant negative characteristics.

Appalachian Mountain Mint is recommended for the following landscape applications;



Appalachian Mountain Mint in bloom
Photo courtesy of NetPS Plant Finder

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- Accent
- Mass Planting
- General Garden Use
- Container Planting



Appalachian Mountain Mint flowers
Photo courtesy of NetPS Plant Finder

Planting & Growing

Appalachian Mountain Mint will grow to be about 3 feet tall at maturity, with a spread of 3 feet. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 30 inches apart. It grows at a fast rate, and under ideal conditions can be expected to live for approximately 5 years. As an herbaceous perennial, this plant will usually die back to the crown each winter, and will regrow from the base each spring. Be careful not to disturb the crown in late winter when it may not be readily seen!

This plant does best in full sun to partial shade. It is very adaptable to both dry and moist growing conditions, but will not tolerate any standing water. It is not particular as to soil type or pH. It is highly tolerant of urban pollution and will even thrive in inner city environments. This species is native to parts of North America.

Appalachian Mountain Mint is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. It is even sizeable enough that it can be grown alone in a suitable container. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.