Mountain Mint

*Pycnanthemum sp.*

**How do I get started?**

- Grow from seeds
- Root from cuttings
- Purchase a plant

**Where can I grow it?**

**How do I grow it?**

- Full Sun
- Average

**How long will it live?**

Hardy perennial—lives outside all year round; leaves die in the winter, grows back in the spring

**How to enjoy**

- Culinary—use in cooking and for tea

**Fun Facts**

- Mountain Mint is one of the best nectar sources for native butterflies

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