Narrow Leaf Mountain Mint

Pycnanthemum tenuifolium

Height: 30 inches

Spread: 30 inches

Spacing: 24 inches

Sunlight: ○ ◐

Hardiness Zone: 4a

Other Names: Slender Mountain Mint



Narrow Leaf Mountain Mint flowers
Photo courtesy of NetPS Plant Finder



Narrow Leaf Mountain Mint in bloom
Photo courtesy of NetPS Plant Finder

Description:

An aromatic, summer bloomer featuring flower clusters from white to lavender with purple spots, over an upright, compact, clump forming plant with very narrow, needle-like, silvery-green leaves; perfect for meadows, or wildflower gardens

Ornamental Features

Narrow Leaf Mountain Mint has masses of beautiful clusters of white flowers with lavender overtones and purple spots held atop the stems from early summer to early fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its attractive fragrant narrow leaves remain grayish green in color with hints of silver throughout the season.

Landscape Attributes

Narrow Leaf 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. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Spreading
- Self-Seeding

Narrow Leaf Mountain Mint is recommended for the following landscape applications;

- Mass Planting
- Border Edging
- General Garden Use
- Groundcover
- Naturalizing And Woodland Gardens
- Container Planting



Narrow Leaf Mountain Mint flowers
Photo courtesy of NetPS Plant Finder

Planting & Growing

Narrow Leaf Mountain Mint will grow to be about 30 inches tall at maturity, with a spread of 30 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 24 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 prefers dry to average moisture levels with very well-drained soil, and will often die in standing water. It is considered to be drought-tolerant, and thus makes an ideal choice for a low-water garden or xeriscape application. This plant does not require much in the way of fertilizing once established. 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.

Narrow Leaf 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.