

Narrowleaf Mountain Mint

(*Pycnanthemum tenuifolium*)

Stems are slender, stiff, smooth, and square.
Flowers have small purple spots.

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Planting:

Plant outside in the garden during the fall
(Stratify in cold (40) moist soil).

Plant in a partly shaded area with sun. Soil
should be moist to dry.

Spread over loose soil and then press in.

A thin layer of coarse sand can be used over
top of the seeds. The sand will help hold
moisture around the seeds, but it's not
required.

We recommend using these seeds to start a
Pollinator Pathway garden. Plant in the fall,
refrain from active weeding, and let the seeds
sprout, root, establish, mature, and bloom
naturally.

Harvest:

Collect in the middle of September to
beginning of October.

Seeds are mature when the seed heads are
dried and brown.

Seeds should be loose inside the head and able
to be dumped/knocked out of the pod if it's
turned upside down.



Seeds graciously donated from The Greenwich Land Trust Meadow

Remember: "Sleep Creep Leap". Perennials are slow to start but will eventually grow into a garden.