# Calamint

***Calamintha nepeta ssp. nepeta***



*Calamint in bloom*
*Photo courtesy of NetPS Plant Finder*

Plant Height: 12 inches

Flower Height: 18 inches

Spread: 24 inches

Spacing: 18 inches

Sunlight: ○ ◐

Hardiness Zone: 4

**Description:**

Pretty lilac to white flowers cover this more vigorous variety throughout summer; features larger flower clusters, and larger foliage than the species; an excellent choice for borders and containers; dried leaves used for potpourris or sachets

**Ornamental Features**

Calamint features dainty spikes of lilac purple trumpet-shaped flowers with white overtones rising above the foliage from late spring to late summer. Its fragrant oval leaves remain green in color throughout the season.

**Landscape Attributes**

Calamint is an herbaceous perennial with an upright spreading habit of growth. Its relatively fine texture sets it apart from other garden plants with less refined foliage.

This is a relatively low maintenance plant, and is best cleaned up in early spring before it resumes active growth for the season. It is a good choice for attracting bees to your yard. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Suckering
- Self-Seeding

Calamint is recommended for the following landscape applications;

- Mass Planting
- Rock/Alpine Gardens
- Border Edging
- General Garden Use
- Herb Gardens
- Container Planting

**Planting & Growing**

Calamint will grow to be about 12 inches tall at maturity extending to 18 inches tall with the flowers, with a spread of 24 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 18 inches apart. It grows at a medium rate, and under ideal conditions can be expected to live for approximately 10 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 to grow in average to moist conditions, and shouldn't be allowed to dry out. It may require supplemental watering during periods of drought or extended heat. It is not particular as to soil type or pH. It is somewhat tolerant of urban pollution. This species is not originally from North America..

Calamint is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. It is often used as a 'filler' in the 'spiller-thriller-filler' container combination, providing a mass of flowers against which the larger thriller plants stand out. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.