Whiteleaf Mountain Mint

Pycnanthemum albescens



Whiteleaf Mountain Mint foliage
Photo courtesy of NetPS Plant Finder

Height: 30 inches

Spread: 18 inches

Spacing: 14 inches

Sunlight: ○ ◐

Hardiness Zone: 4

Other Names: Mountainmint, White Leaf Mountain Mint

Description:

An aromatic, summer bloomer that produces white flower clusters with a hint of lavender and purple spots, on upright stems; blooms persist from summer through fall; foliage just below flowers turn silvery-white; an excellent border or container plant

Ornamental Features

Whiteleaf Mountain Mint has masses of beautiful clusters of white flowers with purple overtones and white bracts at the ends of the stems from early summer to early fall, which are most effective when planted in groupings. The flowers are excellent for cutting. Its fragrant pointy leaves remain grayish green in color with hints of silver throughout the season. The deep purple stems are very colorful and add to the overall interest of the plant.

Landscape Attributes

Whiteleaf 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

Whiteleaf Mountain Mint is recommended for the following landscape applications;

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

Planting & Growing

Whiteleaf Mountain Mint will grow to be about 30 inches tall at maturity, with a spread of 18 inches. When grown in masses or used as a bedding plant, individual plants should be spaced approximately 14 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 does best in average to evenly moist conditions, but will not tolerate standing water. It may require supplemental watering during periods of drought or extended heat. 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.

Whiteleaf 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.