



## *Pycnanthemum virginianum*- Virginia Mountain Mint

- Pollinator value- very high
- Bloom time- July to Aug
- Flower color- white
- Height- 2-3ft
- Wetland indicator- FACW
- Light requirements- full sun to partial sun
- Habitat- wet prairies, stream edges
- Soil moisture- moist
- **Value to Beneficial Insects-**  
honeybees, Cuckoo bees, Halictid bees, Sphecicid wasps, Eumenine wasps, bee flies, Tachinid flies, Wedge-shaped beetles, and Pearl Cresecent butterflies.