HOARY MOUNTAIN MINT

Mint family

Pycnanthemum incanum

This mint is a real eye catcher. It grows conspicuously on roadsides and open meadows where there is a lot of sun. Its flowers are whitish to light blue. But, what makes this plant stand out are its whitish leaves. It is also called "Snow of the Mountain".

According to Foster & Duke, tea made from this mint's leaves was used for cold symptoms and to relieve gas. Indians washed their inflamed penis with it and made a poultice for headaches.