Also called Virginia mountain mint. Bushy, many-branched herb, with small, white or pale lavender flowers in clusters at the ends of branches. Entire plant is strongly aromatic. A bee and butterfly favorite. Makes great tea and jelly. Adaptable as to site. Usually found in wet meadows or open, moist woods in the wild.

**Suggested companions:** blue vervain (Verbena hastata), culver's root (Veronicastrum virginicum), tussock sedge (Carex stricta) and other moisture-loving sedges, swamp rose (Rosa palustris)

Photo Credit: Wisconsin State Herbarium, by John M. Schoeneker