

Virginia Mountain Mint

Virginia Mountain Mint is a native pollinator-friendly plant that blooms in clusters of white flowers. It has a peppermint fragrance and is part of the larger mint family. It grows best in full sun, and blooms from summer to fall.

Type: Perennial

Height: 60-90 cm (24-36")

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before the last frost date and transplant or direct sow towards late spring. Barely cover the small seeds using a sterilized seed starting mix. Scatter seeds 3mm (1/8") apart in desired space or pot if starting outside. Space seedlings about 30cm (12") apart.

Seeds should sprout in 14-30 days.

Saving

At the end of the growing season, pick flower pods as they turn brown, dry, and mature. Seed clusters can then be removed carefully from the plant and placed in a paper bag. Shake gently to release seeds. Let them dry for a week or so in a cool, dry location. Put the seeds into a dated and labelled envelope and return to Brock!