Fines Herbes

Mountain Mint, Short Toothed Mountain

Mint

Family Lamiaceae

Botanical Pycnanthemum virginianum

Parts Used Leaves and flower buds

USDA Hardiness 3 - 10

Light Full Sun

Soil Moist, Well Drained

Duration Perennial

Propagation Root cuttings.

Water As needed, do not overwater

Growing Grows anywhere, invasive. Mountain Mint is one of the best nectar sources for native butterflies, so

butterfly gardeners can't do without this one!

Medicinal Uses Alterative (for that run down feeling), analgesic, antiseptic, diaphoretic, carminative, emmenagogue and

tonic.

Benefits Mountain Mint is loaded with pulegone, the same insect repellent found in pennyroyal. It can be rubbed

on the skin to repel mosquitoes!

Preparation The medicinal tea is used in alternative medicine in the treatment of menstrual disorders, indigestion,

mouth sores and gum disease, colic, coughs, colds, chills and fevers. A strong decoction is medicinal poured over festering wounds. Crushed flowers are placed on tooth ache and almost instantly kills pain. Very aromatic the herb is used in potpourri or burned as incense. Placed in a muslin bag it can be used as bath additive, and is said to be very soothing to irritated skin. Will freshen laundry when used in the dryer. Thrown in a drawer or trunk it will not only freshen clothing and blankets, but keep moths away. Sprinkle on carpets to freshen the whole house and is said to be a good natural insecticide, the plant does repel insects and is good for use in the garden. Crushed flowers are rubbed on clothing to repel

insects.



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Culinary Uses

Mountain-mint is edible raw or cooked the flower buds and leaves are edible and have a hot, spicy, mint-like flavor that makes a great spice or seasoning for meat. The fresh or dried leaves are brewed into a refreshing mint-like medicinal herb tea.

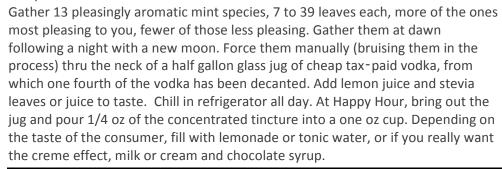
Creme de'Mentia

Mix 1/2 pint of 80-proof vodka with 1/2 pint water.

Add 1/4 fresh lemon, 4 T. rosemary leaves, 6 T. lemon balm leaves, 4 T. Mountain Mint leaves, and 2 T. sage leaves. Add sugar to taste. Steep for 3 days. Enjoy

or

Here's the rough formula for Creme D'Mentia. It is a mix of the aerial shoots of 13 aromatic members of the mint family, all of which species contain several acetyl-choline preserving compound (remember that the most widely advertised alzheimer's/dementia drug, Aricept, contains one acetyl-choline paring compounds.





Historical Facts

American mountain mint was once used by Native Americans for fevers, indigestion and to regulate a woman's menstrual flow. It is a native of eastern North America, but is threatened now in some states so it is legally protected, and seems to be extinct in Michigan where it once flourished; it has not been formally documented there since 1952.

Additional Tips

Mountain Mint is loaded with pulegone, the same insect repellent found in pennyroyal. It can be rubb

Nutrition Facts

An excellent source of minerals like potassium, calcium, iron, manganese and magnesium. 100 g fresh herb provides 569 mg of potassium. Potassium is an important component of cell and body fluids that helps control heart rate and blood pressure. Manganese and copper works as co-factors for the antioxidant enzyme, superoxide-dismutase.

Further, it is rich in many antioxidant vitamins, including vitamin A, beta carotene, vitamin-C and vitamin E. The leaves of mint also contain many important B-complex vitamins like folates, riboflavin and pyridoxine (vitamin B-6); and the herb is an excellent source of vitamin-K.