

## 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!

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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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# Fines Herbes

**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.

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## 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.

Gather 13 pleasingly aromatic mint species, 7 to 39 leaves each, more of the ones most pleasing to you, fewer of those less pleasing. Gather them at dawn following a night with a new moon. Force them manually (bruising them in the process) thru the neck of a half gallon glass jug of cheap tax-paid vodka, from which one fourth of the vodka has been decanted. Add lemon juice and stevia leaves or juice to taste. Chill in refrigerator all day. At Happy Hour, bring out the jug and pour 1/4 oz of the concentrated tincture into a one oz cup. Depending on the taste of the consumer, fill with lemonade or tonic water, or if you really want the creme effect, milk or cream and chocolate syrup.

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**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.