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Pycnanthemum incanum

[Synonyms : *Clinopodium incanum*, *Koellia incanum*]

HOARY MOUNTAIN MINT is a perennial. Native to eastern North America it has tiny white to lavender flowers.

It is also known as Atlantic mountain mint, Mountain mint, and Wild basil.

Incanum is Latin (hoary or greyish-white) with reference to the leaves.

According to records the North American Cherokee Indians used the plant for food.

Authorities note that hoary mountain mint is a possible source of rubber.

Relatively few North American Indian tribes would appear to have recognized the plant as a useful source of medicine. However the Koasati Indians used a decoction of the plant to stem nosebleeds – and they put their faith in bathing in a cold infusion of leaves to counter laziness. They, the Cherokee and the Choctaw tribes all used different parts of the plant in varying ways (leaf poultice, swallowed root decoction etc.) to ease headaches – and the Cherokee also took the plant to treat fever and stomach upsets.