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Pycnanthemum linifolium

[Synonyms : *Koellia flexuosa*, *Pycnanthemum flexuosum*, *Pycnanthemum tenuifolium*]

MOUNTAIN MINT is a mint-scented perennial. Native to eastern North America it has tiny white (or purplish-speckled) flowers.

It is also known as Flax-leaved basil, Narrow-leaved mountain mint, and Slender mountain mint.

Linifolium is derived from the genus name *Linum* and Latin *-folia* (leaved) components meaning ‘with leaves like those of that (flax) genus’.

The North American Cherokee Indians ate the plant.

It also offered a source of medicine for the Cherokee tribe. A plant infusion was not only taken to treat heart problems, stomach upsets and colds but it was also used to bathe an inflamed penis. The tribe relied upon a leaf poultice for easing headaches.