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Pycnanthemum virginianum

[Synonyms : *Brachystemum lanceolatum*, *Brachystemum virginicum*, *Dellia virginiana*, *Koellia lanceolata*, *Koellia virginiana*, *Koellia virginica*, *Nepeta virginica*, *Pycnanthemum lanceolatum*, *Pycnanthemum lanceolatum* var. *angustifolium*, *Pycnanthemum lanceolatum* var. *latifolium*, *Pycnanthemum virginiana* forma *citriodora*, *Pycnanthemum virginicum*, *Satureja virginiana*, *Thymus verticillatus*, *Thymus virginicus*]

WILD HYSSOP is a perennial. Native to North America it has minute white or lilac flowers. It is also known as Calamint, Common mountain mint, Horse mint, Mountain mint, Mountain thyme, Prairie hyssop, Virginia mint, Virginia mountain mint, Virginia thyme, and Wild basil.

Virginianum means 'of or from Virginia (United States)' which itself was named after the English 'Virgin Queen' Elizabeth I (1533-1603).

Apparently the North American Chippewa Indians flavoured meat and soup with the buds and flowers – and the Meskwaki hunters put the scented leaves in mink traps as a lure.

As a source of medicine the plant was familiar to a few North American tribes. Some of the Dakota tribe took a plant infusion as a cough remedy, while the Chippewa Indians included a leaf decoction in a medicine taken to ease fever and prescribed the powdered root for some period disorders. The Meskwaki tribe preferred a plant top infusion for alleviating fever – and they included the florets in a potion placed at the nostrils to stir a dying patient.