

# Lycopus uniflorus



## northern bugleweed

Family	Lamiaceae		
Origin	Native		
WIS Code	OBL	CoC	6

### DESCRIPTION

A squared-stemmed stiff mint (to 1 m tall) has both erect and horizontal stems (stolons) that root at the nodes in the wet soil and form tubers. The tubers produce a stem the next year. Leaves (3-8 cm long) are opposite, lanceolate, hairless or slightly hairy, have coarsely toothed margins, a pointed tip and a short stalk. The opposite leaf pairs are at right angles to the pairs above and below them.



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### FLOWERS AND FRUITS

July through September. Dense clusters of small tubular five-lobed white flowers surround the leaf axils (where leaf meets stem), and not all open at the same time. Fruits are sets of four nutlets each with a single seed.



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### HABITAT

Floodplain forests, seeps, seepage swamps, bogs, fens, depression ponds, marshes, wet meadows and beaver ponds. Frequent in mid to high elevations.



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### SIMILAR SPECIES

*Lycopus virginicus*, Virginia water horehound, lacks tubers, has broader hairy leaves, and four-lobed flowers. *Lycopus americanus*, American water horehound, has deeply toothed or lobed lower leaves. *Mentha arvensis*, wild mint, has pink to lavender flowers and a strong mint scent when crushed. *Lycopus* species have no mint scent.



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*Lycopus americanus*