



The Herb Society of America

Promising Plants Profiles

Pinus mugo

Genus: *Pinus*

Specific Epithet: *mugo*

Common Names: dwarf mountain pine, mugo pine

Family: Pinaceae

Form: evergreen coniferous tree or shrub

Hardiness Zone: 3

Height: 11'

Width: 15'

Soil: well-drained, neutral to acid soil

Sun: full sun

Uses: ornamental, economic, medicinal, cosmetic, culinary*

Parts Used: oil from needles and twigs



Pinus mugo 'Mops'

“This small-growing pine from the mountains of central Europe makes a spreading shrub up to 11 feet high and 15 feet across. It is the source of pumilio pine oil, used to treat bronchial congestion, and also in perfumery. The species is highly variable, giving rise to numerous cultivars, such as ‘Mops,’ which has a neat, dense, slow-growing habit. Mugo pines are very hardy and easily grown in well-drained neutral to acid soil in sun. Being naturally small, they are ideal for mixed borders and herb gardens, and are a good choice for containers and alpine beds.”

– Deni Bown, Promising Plants Presentation, 2004

* *Pinus mugo* var. *pumilio* is only GRAS (Generally Recognized as Safe) as a natural flavoring substance for commercial food and beverage products in very small amounts and is not used in home cuisine.

Plant Sources: garden centers and nurseries specializing in conifers and/or alpiners

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Disclaimer: Profiles are intended to provide a brief introduction to each herb. For additional information on uses, including medicinal contraindications, see the References list. The Herb Society of America can not advise, recommend, or prescribe herbs for medicinal use. Please consult a health care provider before pursuing any herbal treatments. Inclusion of vendor information does not indicate an endorsement by The Herb Society of America, and HSA can not guarantee availability of seeds/plants.