



Common Name: Catnip

Botanical Name: *Nepeta cataria*





- **Zone:** 3-7
- **Type:** Herbaceous perennial
- **Height:** 2-3 ft.
- **Width:** 2-3 ft.
- **Habit:** Mounding
- **Flower:** White to pale purple, spike-like , terminal clusters
- **Bloom Season:** May-Sept.
- **Foliage:** Coarsely-toothed, triangular to ovate, gray-green leaves up to 3 in. long.
- **Flavor:** Minty
- **Fragrance:** Minty
- **Sun:** Full sun to partial shade
- **Soil:** Average, dry to medium , well-drained
- **Water:** Dry to medium
- **Tolerant:** Dry, shallow & rocky soil, drought, air pollution, deer
- **Attracts:** Bees, butterflies  
- **Uses:** Herbal tea reported to relieve anxiety, induce sleep, promote perspiration (fever/cold relief), soothe sore throats (cough suppressant) & comfort upset stomachs. Fresh leaves used in soups, stews, sauces, vegetables, & pasta. Repels aphids & squash bugs. Potpourris, Cat toys. Nepetalactone is the ingredient that attracts cats.
- **Harvesting:** Cut stems to the ground, hang them upside down to cure in a warm location with good air circulation. When leaves are totally dry, crumble them into bags for storage or use immediately.
- **Photo:** Top photo shared by Beth Mattingly of WGHS



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