



CATNIP

Nepeta cataria (NEP-eh-tuh kat-AR-ee-ah)

PERENNIAL | LAMIACEAE FAMILY

ZONES: 3-9

EXPOSURE: FULL SUN | AFTERNOON SHADE

MATURE HEIGHT: 18-36" | SPREAD 12-18"

BLOOM: PURPLE/WHITE | MID-LATE SUMMER



Medicinal



Repellent



Pollinators



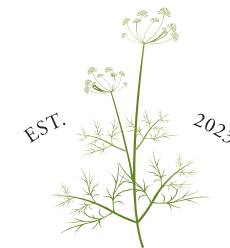
Companion



Container



Resistant



HERB & VINE

— healing plants —

This aromatic perennial grows fast and may become invasive as it spreads via seeds as well as underground runners. Container growing encouraged. Use of its dried flowers medicinally in tea is documented back to 1735. Dried flowers are also used in cat toys.

- Therapeutic*: coughs, sore throats, fevers, headaches, diarrhea, asthma, toothache, nervousness, colic, and topically to help heal wounds. Prevents the formation of and helps to relieve gas in the digestive tract. Combine with lemon balm and chamomile for tea.
- Companion: very potent pest repelling action perfect for the vegetable garden.
- Nepetalactone oil in Catnip has been proven to be more effective than DEET in repelling mosquitoes.
- Caution: Catnip should not be used during pregnancy.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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