

ANOTHER HERB HERBERT FAVOURITE HERBS

FACT SHEET

Catmint

Nepeta x faassenii

There are about 250 species of perennials in this genus. The name nepeta is supposedly a derivative of the name Nepeti, a Roman town where nepeta's were widely cultivated.

The catmint, *Nepeta x faassenii*, is a attractive herb that takes pride of place as a garden plant. As for catnip, the leaves of catmint also contain a chemical known as neptalactone which gives the plant it's 'narcotic' effect on cats.

DESCRIPTION

Nepeta x faassenii is a pungent, sprawling perennial with grey mint-scented leaves. Mauve-blue flowers are borne in whorls from summer to mid-autumn.

PARTS USED

Whole plant, leaves

PROPERTIES

A bitter, astringent, cooling herb with a mint-like aroma.

USES OF THE HERB

Medicinal

No significant medicinal actions.

Ornamental

Catmint makes a wonderful edging plant along pathways.

Compliments roses if grown around the base of them.

Economic

Dried catmint, although not as strong as catnip, can be used to stuff cat toys.

CULTIVATION

Moist, well-drained soil in sun.

Cut back hard for a second harvest.

Powdery mildew may damage leaves. Pests: Aphid, beetles.

HARVEST

Plants are cut when in bud and dried for use in infusions. Pick

Leaves when young and use fresh or dried.



Any enquiries can be directed to:
HERB HERBERT P/L
PO Box 24 Monbulk
Victoria 3793 AUSTRALIA
E-mail: herb@herbherbert.com



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Height 45cm/18 in x
Spread 45cm/18in

