

## Catnip, Catmint, Nepta - Plant



Catnip is a species of the genus *Nepeta* in the family *Lamiaceae*, native to southern and eastern Europe, the Middle East, central Asia, and parts of China.

Rating: Not Rated Yet

**Price**

1184567

[Ask a question about this product](#)

Description

### Description for Catnip, Catmint, Nepta

Easily grown in average, dry to medium, well drained soils in full sun to part shade. Thrives in dry soils and is very tolerant of drought. Site plants in full sun in northern areas.

*Nepeta cataria* is a short lived perennial, herbaceous plant that grows to be 50 to 100 cm (20 to 39 in) tall and wide, which blooms from late-spring to the autumn. In appearance, *N. cataria* resembles a typical member of the mint family of plants, featuring brown green foliage with the characteristic square stem of the *Lamiaceae* family of plants. The coarse toothed leaves are triangular to elliptical in shape. The small, bilabiate flowers of *N. cataria* are showy and fragrant, and are either pink in colour or white with fine spots of pale purple.

Common name	Flower colours	Bloom time	Height	Difficulty
-------------	----------------	------------	--------	------------

---

Nepeta cataria, commonly known as catnip, catswort, and catmint,	White with pale purple spotting	May to September	2.00 to 3.00 feet	easy to grow
--	---------------------------------	------------------	-------------------	--------------

## Planting and care

Catmint herb is easy to grow. These plants are good for mass planting or edging and are suitable near vegetables as an insect deterrent especially aphids and Japanese beetles. Catmint can be grown in sun or partial shade with average, well-draining soil. They are even heat and drought tolerant, making them excellent plants for dry garden areas. Catmint is most often grown by seed or through division.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	well-drained soil	Dry to medium	60 to 70F	Apply any organic fertilizer

## Caring for Catnip

- Basic care of catmint is easy. Water catmint plants regularly until they become well established.
- Mulch will help retain moisture and keep down weeds.
- Once plants are a few inches tall, pinch them back to promote bushier growth.
- Catmint blooms throughout summer and fall.
- Deadheading spent blooms promotes additional flowering.
- It can also help prevent reseeding.
- Faassens catmint (*Nepeta x faassenii*) is sterile however, and doesn't require deadheading.
- Shear the plants back to half their size in fall or following harvest.

## Typical uses of Catnip

**Special features:** Borders, path edging, cottage gardens or herb gardens. Good for dry areas. Containers. Grow as an ornamental, for herbal use and/or for your cat.

### Culinary use:

### Ornamental use:

The plant is used for ornamental purpose. *Nepeta cataria* is cultivated as an ornamental plant for use in gardens. It is also grown for its attractant qualities to house cats and butterflies. Nepetalactone is a mosquito and fly repellent.

**Medicinal use:** Unverified information Due to the fact that catnip promotes sweating when used as an herbal tea, it was used for the treatment of nervousness, colds, influenza, and fevers during the Middle Ages. Catnip has also been alleged to aid with flatulence, diarrhea, colic, and other childhood diseases, as well as preventing miscarriages, premature births, and morning sickness.

## References

- <http://www.gardeningknowhow.com/edible/herbs/mint/catmint-plant.htm>
- <http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=e433>
- <http://www.flowersofindia.net/risearch/search.php?query=Catnip%2C+Catmint%2C&stpos=0&stype=AND>