

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.



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Height 30-45cm/12-18 in  
Spread 30-45cm/12-18 in

