

## Description

**Catmint**  
***Nepeta Faassenii***  
**Family: Lamiaceae**

## Growing Tips

Catmint is a perennial herbaceous plant with leaves that resemble those of Mint which grow up to 3-5cm long at regular intervals. They have pronounced venation with a soft grey film on its surface. Whorls of blue lipped flowers form along a square-edged stem to a height of up to 45cm attracting bees, butterflies and birds.

## Parts Used

It likes a sunny position but tolerates some shade in rich, well drained soil. It does well along walls and among roses. For best results trim after flowering.

## Uses

Leaves and flowers

This is a particular favourite to cats but the flowering tops are also made into a tea which provides a calming effect. Externally a tea can be used as a rinse for irritated scalps. A poultice made from crushed leaves can also help heal bruises.

## Origin & History

Catmint is a plant that has been hybridized from Mint mainly for its prolific flowers and sweet scent. The *Nepeta* genus is native to Europe, Asia and Africa.

