PLANT FACT SHEET

Nepeta cataria L.

GENUS *Nepeta* **FAMILY** Lamiaceae

COMMON NAMES Catmint, Catnip

EDIBLE PARTS AND USES

Edible parts: Leaves - tea, Herb, Roots, Spice

The dried leaves are used to make tea. They have a lemon and mint taste.
The leaves and shoots are used in flavouring and in soups and stews. They are also used in sauces.
The young leaves are used in salads.

DESCRIPTION

A herb which keeps growing from year to year. The leaves are hairy and grey-green. It grows 90 cm high. The leaves are oval and 5-7 cm long. The leaves have teeth or are scalloped along the edge. The flowers are white and occur in spikes. They have pale purple spots.

HABITAT

It is a temperate plant. It grows on waste ground and along roadsides. It can grow in part shade. It needs a soil pH of 5 to 7.5. It suits hardiness zones 3-10. Tasmania Herbarium. In Sichuan and Yunnan.

PRODUCTION

Cultivation

It can be grown from seeds, cuttings or division of the clump. The plant is more pungent if grown in full sun and sandy soil.

NOTES

There are over 200-250 Nepeta species. It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)



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