True Catnip

- Scientific Name: *Nepeta cataria*
- Family: Mint (Lamiaceae)
- Type: Perennial Herb
- Native range: Europe, southwestern and central Asia
- Sun: Full sun to part shade
- Blooms: May to September
- Attracts: Honey bees, Butterflies, Native Bees and Bumblebees among others.
- Cultivated: Alamance County

**Notes:** Catnip flowers are great nectar and pollen source. In the garden, the fragrant catnip leaves acts as a repellant for certain insects, including aphids and squash bugs. As a culinary herb, fresh, minty flavored leaves may be chopped & added to soups, stew, & paste.