

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 repellent for certain insects, including aphids and squash bugs. As a culinary herb, fresh, minty flavored leaves may be chopped & added to soups, stew, & paste.



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