

Catnip

(*Nepeta cataria*)



Season: Spring/summer

Perennial

Sun Exposure: Full sun, will tolerate light shade

Size: 15–24 in tall

Blooms: white to pinkish-purple tubular flowers

Maintenance Category: Low

Highlights: Flowers attract butterflies and other pollinators; it is a vigorous spreader (in the mint family) and can be grown in containers or in the ground.

Cats love this plant—protect young plants or they will roll around on it and possibly destroy it. Smells of camphor, thyme, and pennyroyal with a mild minty taste.

How to Use: Culinary—add fresh to salads, sauces, and stews