

# Country Garden Greenhouse

## Grow with Us!



### **Catnip — *Nepeta cataria***

The catnip “high” is adored by felines everywhere! Interestingly enough, although the smell of catnip sends cats into a frenzy, it is contrarily sedating when eaten. The sedating effects are not limited to cats as dried leaves can be brewed into a relaxing bedtime tea. It might be surprising to know it has also been used as a traditional cold

and flu remedy. Its uses don't end there! Known to be a carminative and antispasmodic, aiding in digestion. Diaphoretic properties can be useful for fevers. Apart from the health benefits, its essential oil has been studied as an insect repellent against certain species! As it is part of the mint family, it's not surprising that it grows and spreads fast!

Loves sun and well drained soil. Deer and pest resistant. Ht 3ft. zones 3-9