

CATMINT

- TYPE:** Perennial
- SUN:** Full Sun to Partial Shade
- HEIGHT:** 12 to 18 inches
- GROWING IT:** Moist, well-drained soil.
- PARTS USED:** Leaves.
- HARVEST:** Pick leaves when young and use fresh or dried.
- CULINARY:** Leaves are mint like and can be used for teas, and can be added to sauces, stews, and salads. Roots can be eaten like parsnip.
- AROMATIC:** Cats are attracted to this plant, just like catnip as the leaves of it contain a chemical known as nepetalactone which gives the plant its appeal to cats. Use dried for a great cat toy.