



*Nepeta cataria*

Family: *Labiatae* (mint family)

#### Properties:

Antispasmodic, astringent, anodyne, anti-inflammatory, cholagogue, nervine, emmenagogue, antacid, sedative, anesthetic, carminative, diaphoretic  
bug repellent

#### Infants and Children:

- colic
- jaundice
- sedative, helps induce sleep
- teething
- relieves gas and bloating
- alleviates many symptoms of childhood diseases and illness

#### Medicinal Uses:

- anxiety, nerves, stress
- colds, flu, and fever (enema is the best method of use)
- coughs and chest congestion, croup, bronchitis
- digestive complaints, gas, bloating, indigestion, diarrhea
- nausea, morning sickness, upset stomach, "butterflies" - nervousness
- relieves any type of muscle cramping, even those associated with pregnancy
- appendicitis (enema)
- toothache (chew on the leaves)
- insomnia, restful sleep

 **Annie's Place**

- cataracts
- menstrual discomfort, painful cramps, afterbirth cramping
- relaxes the uterus, preventing contractions so helpful to prevent miscarriage
- makes a great insect repellent, plant by doors or infuse into witch hazel, water or oil for a bug spray

**Methods of Use:**

- infusion (blends well with mint and chamomile, both great for children also)
- enemas (best way to use with children)
- tincture and/or glycerite
- syrup
- poultice and/or compress
- herbal capsules and pills
- salve, ointment, cream
- herbal honey or sprinkle
- liniment
- sachet, make good sleep pillows and apparently cat's like them (I'm not a cat person so not sure what you do with them)
- hydrosol

**In the Garden:**

- Sow seed directly in the garden in mid spring or start from seed indoors 4-6 weeks before last frost
- Transplant in full sun or partial shade, 12" apart
- Grows well in any soil, give low to moderate amounts of water, catnip likes it dry more than wet
- I highly recommend putting a cage around this plant as I have attracted every cat in the neighborhood with mine, I lost three different plants before I realized I needed to protect it with a cage.
- Can be harvested anytime during the season but catnip is at it's most potent when flowering. Cut back to 3-4" and it will continue to grow, giving you several cuttings throughout the season.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician, herbalist or other trained professional. Those who follow these suggestions do so at their own risk.