

## Catnip

### *Nepeta cataria*

#### Description

Historically used as a medicinal plant.

#### Habit

Erect perennial that emits a mint odor when crushed.

#### Leaves

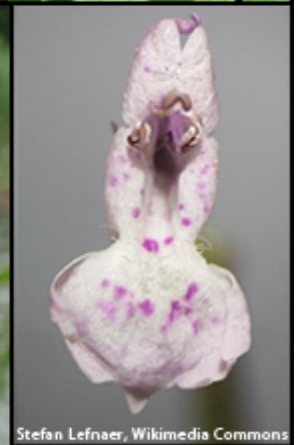
Opposite, hairy, triangular or heart-shaped, pointed tips. Upper surface is pale green while lower surface is covered with dense hairs appearing white or silvery. Serrated edges, long slender petioles. Emits a mint odor when crushed.

#### Stems

Erect, growing 1-3 feet tall, square, pale green in color, branched, covered with short white hairs.

#### Flowers

1/2 inch long, 5 petals united into a 2 lipped tube. Upper lip has 2 lobes while lower lip as 3 lobes, is larger and spotted. White to pale lavender in



color with dark purple spots. Whorled, dense clusters borne at the tips of stems and branches.

### **Fruits and Seeds**

Pod containing 4 seeds. Seeds are oval, smooth, red-brown in color with 2 white spots at one end.

### **Habitat**

Native to Europe and Asia. Can be found in dumps, parking lots, old homesites, fields, thickets, roadsides, railroads, shores, flower beds and disturbed sites.

### **Reproduction**

By seed or vegetatively by rhizomes.

### **Similar**

### **Monitoring and Rapid Response**

Hoeing and repeat mowing can be used to control this species. Mowing should begin in the spring and repeated often to prevent shoot growth.

### **Credits**

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