

CATNIP

Nepeta Cataria

Lemony – This variety has white flowers, spotted with purple. Leaves are coarsely toothed, heart shaped and grey green with a lemon scent. It will grow to 45cm – 1m high. Sow in spring. Thin or transplant to 30cm apart. Prefers sun or light shade and a well drained soil. It will first bloom in mid summer. Harvest leaves as the flowers begin to bloom. Germination is usually between 3 – 5 weeks.

Aprox. 1500 seeds per gram

Regular – This variety has white flowers. Leaves are coarsely toothed, heart shaped and grey green with downy underside. The leaves will grow in pairs and has a mint like scent that is loved by cats. Grows between 45cm – 1m high. Prefers sun or light shade. Soil must be well drained. Sow seeds in spring and thin or transplant seeds to 30cm apart. When growing allow for plenty of space. Harvest leaves as the flowers begin to bloom. Germination is usually between 3 – 5 weeks.

Aprox. 1500 seeds per gram

