



CATNIP LEAF & FLOWER

Botanical Name: *Nepeta cataria*

Common Name: Catswort, catmint

Medicinal part: Plant

Description: Catnip is famous for its drug-like effects on house cats, but it also has a variety of other uses. The extracted ingredient, iridodial, is used as an attractant for lacewing flies, which eat aphids and mites. Another ingredient, Nepetalactone, is used in certain mosquito and fly repellents. Humans also drank catnip in herbal tea and would smoke the herb for its calming effects, however, the effects are negligible and the consumption has fallen out of practice.



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